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DR. HOMER BOSTWICK,

LECTURER ON DISEASES OF THE GENITO-URINARY ORGANS:

Author of a Complete Practical Work on

THE NATURE AND TREATMENT OF

# VENEREAL DISEASES.

QUARTO, SEVENTY-SEVEN SPLENDID PLATES.

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## OPINIONS OF THE PRESS.

MEDICAL.—We are glad to see that Dr. Homer Bostwick's great work on the nature and treatment of Venereal Diseases, is deservedly attracting a great deal of attention from the press and medical journals. It is quite time that this department of medical science and knowledge should begin to emanate from our own countrymen.

See what the Boston Medical and Surgical Journal says of this work.—*Daily Globe.*

### EXTRACT FROM THE BOSTON MEDICAL AND SURGICAL JOURNAL.

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As a preliminary, the anatomy of the procreative organs of both sexes is introduced in the fewest words, as a necessary preparation for a treatise on the peculiar diseases affecting their functions. The whole of the third chapter is well drawn up, inasmuch as it contains a synopsis of the best authorities extant. Chap. IV, on primary syphilis, accompanied by an accurate plate, explanatory

of primary ulcers, beginning with pustules, must receive the approbation of the professional reader. Primary follicular ulcer, and virulent bubo, are as graphic as possible, the parts being of the adult size.

Chapter XIV, on the management of gonorrhœa, embraces the combined experience of preceding writers, with the author's own views and observations, based, it is fair to conclude, upon a multitude of cases. There are few medical practitioners who could concentrate a greater amount of judicious instruction in regard to this division of the book. In fact, it seems to have been the aim of the author to produce, not a show of words, but a thoroughly practical work, and we must for the present leave it in the hands of medical writers, who are requested, if this book does not meet their approbation, to provide us with a better one."

The Chapters on the following diseases are very full and complete—

Gonorrhœa—Gleet—Bubo—Inflammation of the Testicles—Phymosis and Paraphymosis—Strictures in the Urethra, giving the latest and most approved mode of cure—False Passages in the Urethra, (caused by quacks,)—Urinary Abscesses and Fistulae—Hydrocele, or water in the scrotum—Circocoele and Varicocele—Disease of the Prostate Gland, a gland which surrounds the neck of the bladder—Diseases resembling Venereal—&c. &c. &c.

Dr. Bostwick is also the author of a Treatise on the Nature and Treatment of Spermatorrhœa or Seminal Diseases, resulting from Self-abuse; Impotency, and other Kindred Affections, 251 pages—14 plates.

Author of a work entitled "Hints to Young Physicians;" Author of the "Family Physician;" Author of the "Family Dentist."

We have examined the work of Dr. Bostwick, on the Venereal Diseases. It is in truth, a great and valuable work. It is not only a monument to the Doctor, but it is a credit to our country, and the medical profession may well be proud of the author, as a member of their noble profession. It is cheap as dirt at \$10.—*N. Y. Courier & Enquirer.*

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Having examined Dr. Bostwick's work on *Venereal Diseases*, I do not hesitate to say that it possesses great merit. I am acquainted with no book, taken as a whole, which, for practical purposes, is superior to it.

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"A cursory glance gives us a favorable opinion of the professional talent of the author. The treatment of Seminal Diseases has often baffled the skill of experienced physicians and surgeons. \* \* \* It may be profitably read both by professional men and the intelligent general reader."—*N. Y. Globe*.

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HOMER BOSTWICK, M. D.  
504, Broadway.

NEW YORK, July 20, 1847.

We take pleasure in certifying to the competency of Dr. Homer Bostwick, as a Physician and Surgeon, and we should consider the appointment of Physician to the City Prison fitly conferred on him.

New York, April 14th, 1842.

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A TREATISE  
ON THE  
NATURE AND TREATMENT  
OF  
SEMINAL DISEASES,  
IMPOTENCY,

AND  
OTHER KINDRED AFFECTIONS:

WITH

PRACTICAL DIRECTIONS FOR THE MANAGEMENT  
AND REMOVAL OF THE CAUSE PRODUCING  
THEM; TOGETHER WITH HINTS  
TO YOUNG MEN.

ILLUSTRATED BY NUMEROUS ENGRAVINGS

BY HOMER BOSTWICK,  
SURGEON.

SEVENTH EDITION.

NEW YORK:  
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1851.

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## PREFATORY REMARKS.

TO MY READERS.

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THIS book is the result of much thought and extended observation. Many works upon the same subject have been written and gazetted to the world, the aim of which seems to have been to picture in the gloomiest colors the most frightful symptoms of this peculiar class of diseases, without holding out one *ray* of hope or word of consolation to the afflicted.

The reader will discover in these pages quite a different motive on the part of the author. Instead of trying to alarm and excite the fears of patients, he has been enabled to exhibit the most abundant evidence that complaints of this nature are susceptible of being cured.

The sick, however, must not expect to find in this volume a key, by means of which they can successfully treat themselves. It is impossible

to furnish to the unprofessional reader a work that will allow him to dispense with the services of the experienced surgeon. It is an absurdity to suppose that knowledge, safe and practical, can be communicated in mere written instruction. To be able to discriminate between the different phenomena—to detect the real condition of the unhappy sufferer amid all the protean forms the symptoms assume—to ascertain, in fine, the precise morbid state of the various organs implicated—to measure its exact extent—to know how far the whole system has yielded under the pressure of disease, and, as a consequence of all such knowledge, to decide what remedies it is judicious and wise to employ, requires far more information than it is possible to convey by mere writing. Medical men, alone, who have had the advantage of long experience, and with a judgment ripened by closely-observing facts, are to be relied upon as competent to treat those who labor under a disease which involves, as it does in nearly all cases, both the physical and mental organs of the man.

From what I have just said—with the intelligent reader from his own conclusions—it will readily be perceived that, to be cured of such

disorders, no policy can be more suicidal than for patients either to rely upon themselves, or upon the ignorant quacks and the vile nostrums so eloquently advertised and puffed in the newspapers of the day. These impostors, who make such high pretensions, know just as little of the malady as the persons do who apply to them ; and it is the bold and extraordinary effrontery with which such charlatans show themselves before the public, that enables them to delude the unwary victim, and swindle him of his last dollar ; and, what is far worse, greatly aggravate his disease.

A few words as to the object of this book. Nothing is further from my intention than to minister to any impure thoughts or improper emotions. My sole aim has been to do good and prevent evil. My deep respect for religion and morality would restrain me from writing a line which could injure this cause. But, in the treatment of my subject, it was impossible not to speak with plainness. I conscientiously offer this work to the medical profession and the public, and all I ask is that it shall be fairly received.

HOMER BOSTWICK, *Surgeon.*

504 BROADWAY, NEW YORK.

PLATE B



This plate represents HYDROCELE, (which is an accumulation of serum or water within the tunica vaginalis testis,) and the common mode of operating for removing the fluid.

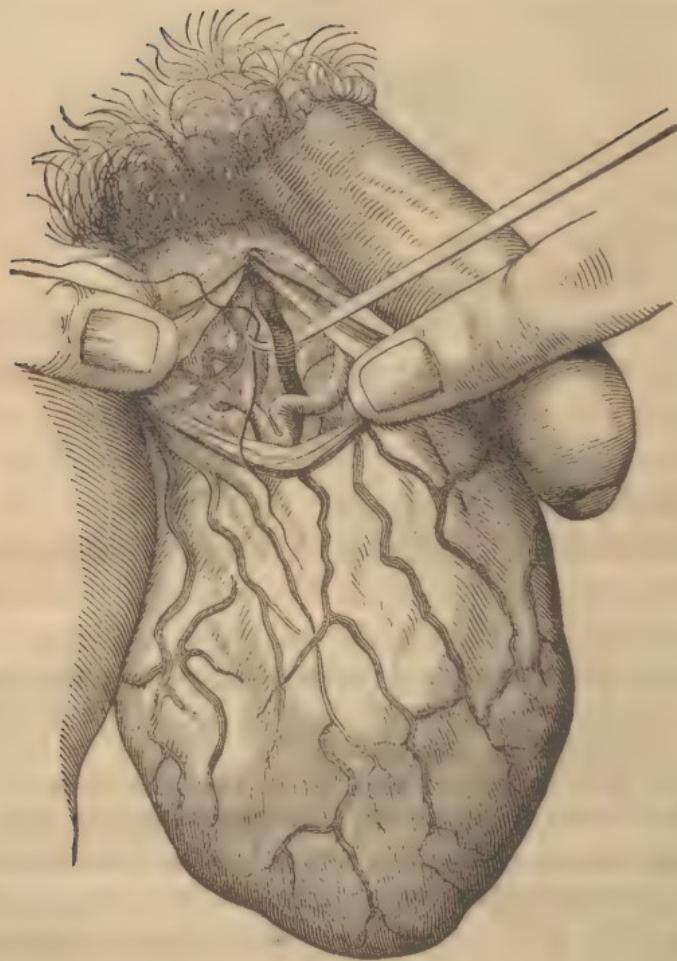
When a radical cure is intended, and the serum is drawn off, we inject the sac through the canula, with some stimulating liquid, as a solution of sulphate of zinc, iodine, port wine and water, brandy, &c. For this purpose, we employ a syringe, or injecting bag, with a nozzle which will accurately fit the end of the canula.

PLATE C.



This plate represents the mode of introducing the trocar and canula, and the dangers incident to it. Fig. 1 shows the instrument as first introduced ; fig. 2 shows how it should be depressed, as soon as it enters the cavity, so as to avoid injury of the testicle, which lies behind it. Where the instrument enters, will also be seen the way in which the tunica vaginalis may be separated from its investing membranes, which, when there is not due care observed, allows the injection to pass into the cellular tissue between, causing violent inflammation, and sometimes suppuration and sloughing. With care, no operation is safer and simpler than this.

PLATE D.



This plate represents an operation which is sometimes performed for curing Circocoele and Varicocele. A needle is seen passed under the spermatic artery, armed with a ligature ready for tying.

## CHAPTER I.

*Introductory Remarks.—Grave Importance of the Subject.—Mischievious Delicacy.—Imperfect Character of Works hitherto published.—Means of Observation within the reach of the Author.*

ON looking abroad upon the wide and repulsive field of moral and physical disease, we are soon painfully impressed by a sense of the immense weight which the various abuses of the organs of reproduction have added to the amount of human guilt and human suffering. Here, the depraved passions of a fallen race appear to run riot with resistless force, blasting and destroying, on all hands, whatsoever things are pure and lovely, and of good report. And here, too, is displayed in a peculiar manner the immutable character of the eternal law of retribution—“the wages of sin is death!” Often, sharp, sudden, and overwhelming do the thunderbolts of justice fall upon the transgressor; in other cases, slowly, silently, surely, retribution, “shod with wool, but armed with iron,” follows the violator of one of Nature’s most sacred laws, and smites him to the earth; whilst in many instances, even long years of penitential sorrow

fail to wipe out the awful memories of the past; and the sufferer is freed from the physical consequences of his crime, only when his body of sin and death is deposited in the grave.

The earliest records of the human family furnish evidence that even in the morning of its history, the race outraged its nature by defiling, sensual vices. In the Mosaic writings we find several passages which show us that even in those primitive days, and amongst that favored people, whose profoundly interesting story forms the chief subject of those books, the gross crimes which in after times prevailed to such an extent in the imperial city, were by no means unknown. Alike in the time of the Jewish lawgiver and the Roman satirist, the uncurbed lust of man plunged him into depths of vileness which even the impure may not contemplate without horror. And, alas! the picture which the bold, vigorous, and unrelenting pencil of Juvenal has given of Roman society, shockingly revolting as it is to every moral sense, is not altogether unintelligible as a description of the manners of our own time, with all its boasted progress in Christian civilization. The world has seen that the highest degree of mere intellectual culture cannot redeem a people from the foulest moral leprosy; for, side by side with the most glorious monuments of Art,—still un-

approached in their superlative excellence and marvellous beauty,—vice and crime, in their most loathsome aspects, continually presented themselves, and breathed foulness everywhere! And now, in our day, obstinately resisting the purifying influences of the true religion, human society under Christianity is cursed by the prevalence of practices and vices, foul, loathsome, and destructive as those which mingled in the polluted rites of obscene heathen divinities. The main difference between the two eras is, that in the former, vileness was less disguised ; men gloried in their shame ; society lay, one vast lazarus-house, beneath the light of the open day. Now, in secret and in darkness, the destroyer taints the atmosphere, and swells the number of his victims.

In these times, it is the physician, in extensive practice, who is the depositary of the fearful secrets of depraved human indulgence. *He* knows what fearful wastes so often lie beyond those boundaries, which to the common eye indicate a region of flowers and sunshine. Where all seems full of promise, *he* often can discern the canker at the heart. Whilst all are blinded to the progress of decay, and the unconscious victim dreams not that the foundations of hope, happiness, and life have been once assailed, *he* already beholds **A RUIN!**

Weighty, then, is the responsibility which rests upon the educated and influential physician, as the guardian of individual and social virtue. But a false and fearfully mischievous delicacy has heretofore stayed the hand of the physician. The ignorant and the wicked, seeking only gain, have strangely been permitted almost a monopoly of subjects of transcendent interest and importance; and trafficking in the fears of the sufferers, have but excited a frenzied consciousness of evils which they know not how to palliate or avert.

This culpable remissness on the part of educated physicians, has been the cause of the almost universal neglect of the instructors of youth. No friendly voice of warning has sounded in the ears of the youth in whom the sexual instincts are just awakening new and strange emotions and desires. No hand is raised to arrest the progress of the destroyer, as from day to day he instills his subtle poison. And thus uninformed, unwarned, unconscious of danger, our youth are left exposed to all the fearful perils with which evil example, depraved imagination, thoughtlessness, and accident may at any moment hopelessly surround them. In the education of the young, a provoking mystery has been supposed to enfold even the physiology of reproduction; so that, in this day of vaunted

intelligence, the great mass of mankind is left in profound ignorance of the nature and character of those functions most essential to the perpetuation of the race, and on the recognition and observance of whose laws, its health and happiness so pre-eminently depend. In such a state of things, is it at all wonderful that abuse of these functions, and violation of their laws, should be co-extensive with the ignorance which has been so insanely suffered to prevail ?

It is true that many publications affecting to remove popular ignorance on these subjects have been made ; and that numerous treatises of greater or less pretension in style and volume, on the abuses of the procreative organs, have been given to the world. But they have almost wholly failed to accomplish any salutary results. With the exception of one or two respectable works, such as the excellent monograph of Lallemand, these publications have emanated from sources not entitled to regard ; and have afforded, indeed, on their face, ample evidence of the unworthy motives and objects of their authors. Many of these productions have been evidently designed to minister to depraved tastes and prurient imaginations, and by the disgust which they have excited in properly constituted minds, have, doubtless, contributed in no small degree to strengthen the prejudices

against popular attempts to instruct the young with regard to these subjects which we have just deplored. Others have been got up as clap-trap advertisements for unprincipled pretenders, whose object has been only to alarm the reader by artful exaggerations, and thus terrify him into reliance on their specious promises of relief, which they know not how to extend, and would not if they did, so long as the victim possessed the means of feeding their cupidity. Such, indeed, has been the general character of these publications, that medical writers of respectability have shrunk from entering the field, and only a very few occasional hints, in our standard medical literature, indicate that authors of repute were at all aware of the widespread havoc produced by diseases resulting from the various abuses of the reproductive organs. Even in the lectures of medical teachers, the same strange and deplorable neglect of these subjects has been universal. So strongly restraining has been this disinclination to a most important professional duty, however created, that a highly respectable physician shrank even from allowing his name to appear in the title-page as the translator of the *brochure* of Tissot—a work highly descriptive of the evil results of criminal sexual indulgences, but singularly defective as regards the treatment.

I confess that I may have shared, in some degree, the repugnance so generally felt with regard to entering upon this painful subject. But in the course of an extensive practice of ten years,—which has not been confined to one locality or region of the country, but which has, from circumstances to which I may not improperly refer in this connection, embraced patients from all sections of the Union,—I have been so repeatedly admonished of the mischief which has resulted from the apathy and neglect with which the whole subject of abuses of the reproductive organs has been treated by the profession, that I, for one, could not any longer remain a silent spectator of the progress of an evil beneath which so many were yielding in hopeless agony. Having succeeded in establishing in this great metropolis, some years since, for the treatment of medical and surgical cases, an institution which comes more directly before the public eye, and is more distinctly responsible to public opinion than any merely private practitioner can possibly be, whose errors, failures, and successes are alike comparatively hidden, it has been my fortune to command the confidence of the community to an extent which is not, of course, sought by the physician whose practice is necessarily confined to the particular region in which he re-

sides. Patients from all sections of this widely-extended country have consulted me, and subjected themselves to my treatment. Amongst the cases recorded on my case-books, I have been positively appalled by the multitude who have sought professional relief from the results of depraved sexual indulgence. In person and by letter I have been, week after week, consulted by this class of patients, in numbers which, to those possessed of only limited means of observation, would seem immensely exaggerated. The impression thus made on my own mind has been inexpressibly painful. "Can nothing be done to avert the progress of this terrible destroyer?" "Is it impossible to arouse the profession to a sense of its duty?" "Are the many, many wretches who will not seek medical aid, to perish without one friendly hand outstretched to save them?" "Is there no remedy?" Such were the solemn interrogatories which constantly pressed themselves upon me. I could not resist—I sought not to resist their admonition; and the following pages are the result.

It will be perceived that I devote the larger portion of this work to the *treatment* of the varied maladies which are the penalty of unnatural practices. It is in this that the few works on the subject from respectable pens have been

deficient. The unhappy victim, groaning for deliverance,—seeking a *locus penitentiae*, “carefully, with tears,”—in these treatises, if they do happen to reach his hands, which is rarely the case, as they are addressed to the professional eye, fastens with morbid interest on the descriptions of his sufferings, but finds no plain and sympathizing guide to the means of reformation and relief.

I now proceed to a work which has inspired me with the most mournful interest. It has been conceived and executed in an earnest and abiding regard for the dignity of the noble profession to which my life has been devoted. It is offered to parents and guardians of youth, as a means of saving them from those serpent toils in whose embrace so many have perished. It is presented to youth themselves, as a faithful monitor and friend, whose experience affords renewed testimony to the truth and value of that solemn lesson so feelingly conveyed by the poet—

“ From Virtue’s fount the purest joys outwell;  
Sweet rills of thought that cheer the conscious soul;  
But Vice pours forth the troubled streams of hell,  
The which, howe’er despised, at last with dole  
Will through the tortur’d breast their fiery torrent roll!”

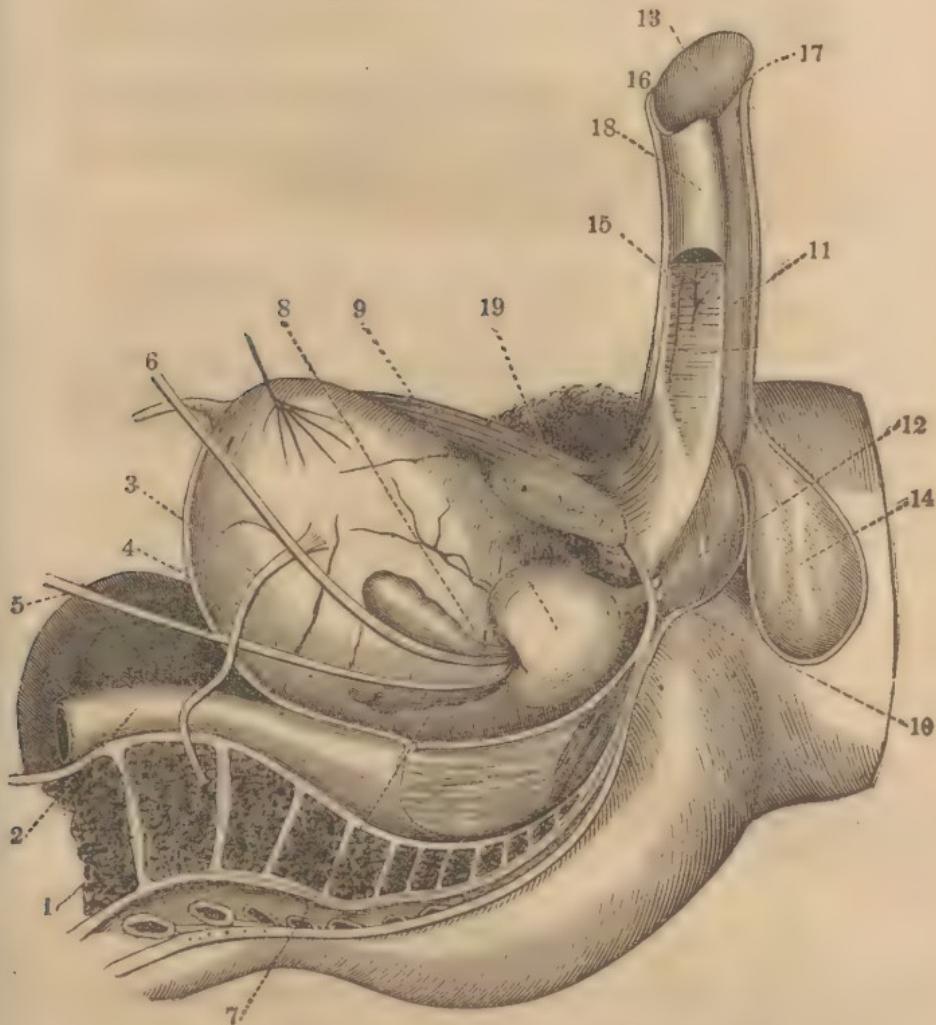
## PLATE I.—FIG. 1.

*Explanation of Plate.*

*The pelvis is divided on the meridian line, and the engraving shows the right side of the organs.*

1. The vertebral column.
2. Colon.
3. Bladder.
4. Ureter, conducting the urine from the kidney to the bladder.
5. and 6. Vasa deferentiæ.
7. and 8. Vesiculæ seminales.
9. Prostate gland.
10. One of the glands of Cowper.
11. Canal of the urethra.
12. Bulb of the urethra.
13. Glans penis.
14. Right testicle.
15. Skin covering the penis.
16. Prepuce.
17. The Frænum.
18. Corpus Cavernosum.
19. Pubis.

PLATE I.—FIG. I.



GENITO-URINARY ORGANS OF THE MALE.

## PLATE II.—FIG. 2.

*Explanation of Plate.*

*Showing the Bladder and Urethra laid open in its whole length.*

1. The bladder, with the anterior face re-
2. The ureters. [moved.]
3. Their entrance into the bladder.
4. Neck of the bladder.
5. The superior fundus of the bladder.
6. The bas fond of the bladder.
7. Smooth centre of the vesicular triangle.
8. Verumontanum, or caput gallinaginis.
9. Orifice of the ductus Ejaculatorius.
10. Depression near the Verumontanum.
11. Ducts from the prostate gland.
- 12 and 13. Lateral lobes of the prostate gland
14. Prostatic portion of the urethra.
15. Membranous portion of the urethra.
16. One of Cowper's glands.
17. Orifice of excretory Ducts. [erectile tissue.]
18. Section of the bulb of the urethra, with
19. Cut edges of the corpora Cavernosa.
20. Cut edges of the glans penis.
21. Prepuce dissected off.
22. Internal surface of the urethra laid open.
23. Outer surface of Corpora Cavernosa.
- 24, 25. Accelerator urinæ muscle.
- 26, 27. The erector penis muscle.
- 28, 29. The vasa deferentia.

PLATE II.—FIG. 2.



THE BLADDER AND URETHRA LAID OPEN.

## CHAPTER II.

### *The Function of Generation.—Anatomy and Physiology of the Male and Female Organs.*

MAN, like all other animals, is called on to exercise that most important function—the reproduction of his species. The organs which are necessary to the discharge of this function do not all exist in the same individual; and this circumstance constitutes the chief difference between the sexes. In man, the organs of generation consist of

1. The testicles.
2. Vesiculæ seminales.
3. Prostate gland.
4. Glands of Cowper.
5. The penis.

We shall endeavor to give an intelligible description of these various organs.

The *testicles* are two in number, and are tubular structures, in that respect resembling the kidney. Each testicle consists of several lobules composed of a mass of seminiferous tubes, throughout which blood-vessels are minutely distributed. The total number of the lobules is estimated at about four hundred and fifty, in

each testicle, and that of the seminiferous tubes at eight hundred and forty. From this fact, an idea may be formed of the extremely delicate character of the structure.

The testicle has four separate coverings—*the tunica vaginalis*, a serous membrane—the expansion of the *cremaster*, a muscular membrane—*the dartos*, a layer of contractile cellular tissue—and a thick skin of a dark color, which forms what is called the *scrotum*, and is capable of contracting like the muscles, though not voluntarily.

The arterial blood reaches the testicle by a small artery derived from the aorta, or great artery of the heart, and springing from that parent trunk near the emulgent arteries. Although the sensibility of the testicle is very great, yet no nerve can be traced to it.

The *vesiculae seminales* are two small cellular bodies situated below the most dependent portion of the bladder; and are supposed to contain the fluid called the *semen* secreted by the testicle. A very short and narrow canal called the *ejaculator*, communicates with these vessels and the urethra.

The prostate and Cowper's glands are glandular bodies, as the names import, of small size, and secrete a mucous fluid, which at the moment of emission mixes with the semen.

The *penis* consists of two cavernous bodies, as

they are called, the spongy portion of the urethra and the *glans penis*. Six arteries are distributed to the penis and supply it with blood; and it receives numerous nervous filaments from the nerves of the sacrum, which endow it with exquisite sensibility.

Generation cannot take place without the semen. The inconsiderable size of the testicles and the anatomical peculiarities of their organization, render it apparent that the quantity of semen secreted is very small.

Semen is a word derived from the latin word "sero," to *sow*. It has a strong and peculiar odor, and a saltish taste. It is composed of the following parts, according to the analysis of Professor Vauquelin:

|                   |   |   |   |      |
|-------------------|---|---|---|------|
| Water,            | - | - | - | 900. |
| Animal mucilage,  |   | - |   | 60.  |
| Soda,             | - | - | - | 10.  |
| Sulphate of lime, |   | - |   | 30.  |

In castrated animals, and in eunuchs, the vesiculæ seminales are small, and contracted; and a little lymphatic liquor, but no semen, is found in them. The semen is detained for some time in the vesiculæ seminales, and rendered thicker from the continual absorption of its very thin part, by the oscula of the lymphatic vessels. In lascivious men, the semen is sometimes, though rarely, propelled by nocturnal pollution

from the vesiculæ seminales, through the ejaculatory ducts (which arise from the vesiculæ seminales, perforate the urethra transversely, and open themselves by narrow and very nervous mouths at the sides of the caput gallinaginis), into the urethra, and from it to some distance. But in chaste men, the greatest part is again gradually absorbed from the vesiculæ seminales through the lymphatic vessels, and conciliates strength to the body. The smell of semen is specific, heavy, affecting the nostrils, yet not disagreeable. The same odor is observed in the roots of the orchis, the iuli of chestnuts, and the antheræ of many plants. The smell of the semen of quadrupeds, when at heat, is so penetrating as to render their flesh fœtid and useless, unless castrated. Thus the flesh of the stag, *tempore coitus*, is unfit to eat. The taste of semen is fatuous, and somewhat acrid. In the testes, its consistence is thin and diluted; but in the vesiculæ seminales, viscid, dense, and rather pellucid; and by venery and debility it is rendered thinner.

*Specific gravity.* The greatest part of the semen sinks to the bottom in water, yet some part swims on its surface, which it covers like very fine threads mutually connected together in the form of cobwebs.

*Color.* In the testicles it is somewhat yellow,

and in the vesiculæ seminales it acquires a deeper hue. That emitted by pollution or coition, becomes white from its mixture with the whitish liquor of the prostate gland during its passage through the urethra. In those people who labor under jaundice, and from the abuse of saffron, the semen has been seen yellow, and in an atrabilious young man, black.

*Quality.* Semen, exposed to the atmospheric air, loses its pellucidity, and becomes thick, but after a few hours it is again rendered more fluid and pellucid than it was immediately after its emission. This phenomenon cannot arise from water or oxygen attracted from the air. At length it deposits phosphate of lime, and forms a corneous crust.

*Experiments with semen* prove, that it turns the syrup of violets green, and dissolves earthy, neutral, and metallic salts. Fresh semen is insoluble in water, until it has undergone the above changes in atmospheric air. It is dissolved by alkaline salts. By æthereal oil it is dried into a pellucid pellicle, like the cortex of the brain.

It is dissolved by all acids, except the oxy-muriatic, by which it is coagulated in the form of white flakes. It is also acted upon by alcohol of wine.

The odorous principle, or aura spermatica

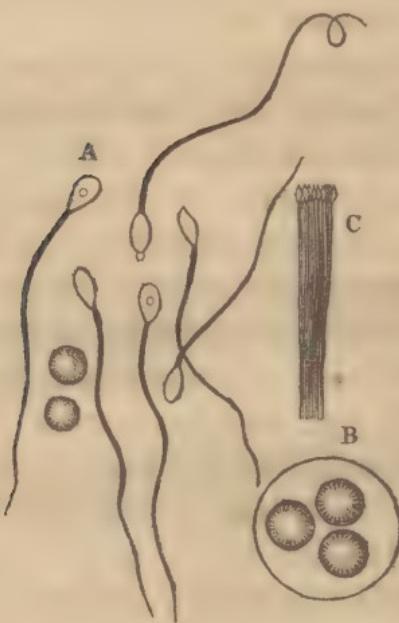
only, appears to penetrate through the cavity of the uterus and Fallopian tubes to the female ovary, and there to impregnate the albuminous latex of the mature ovulum by its vital power. The other principles of the semen appear to be only a vehicle of the seminal aura. In chaste men, the semen returning through the lymphatic vessels into the mass of the blood, gives strength to the body and mind ; hence the bull is so fierce and brave, the castrated ox so gentle and weak ; hence every animal languishes *post coitum*.

When examined by a microscope, there can be distinguished in the semen a multitude of animalculæ, which appear to have a rounded head and a long tail. These singular beings move with a certain degree of rapidity, seemingly avoiding the light and delighting in the shade. Experiment is readily within the reach of any one disposed to investigate the nature of this fluid. By pricking the testicle of an animal capable of fecundating the female ovum, a quantity of the seminal fluid will escape, which may be collected ; and when diluted with warm water, it is to be placed in the focus of a microscope possessed of moderate magnifying power. Mental depression causes these animalculæ to disappear ; and excessive indulgence in venereal pleasures has the same effect. Mules

although they have semen, are destitute of animalculæ.

These animalculæ, which are called spermatozoa by physiologists, were discovered by a student at Leyden, named Horn, and were first described by Leeuwenhoek. The annexed figure is a representation of the spermatozoa of the human subject.

*Human Spermatozoa.*



A. The spermatozoa; they are quite transparent, and consist of a flattened head and a large tapering tail.

B. Seminal granules, from which the spermatozoa are developed.

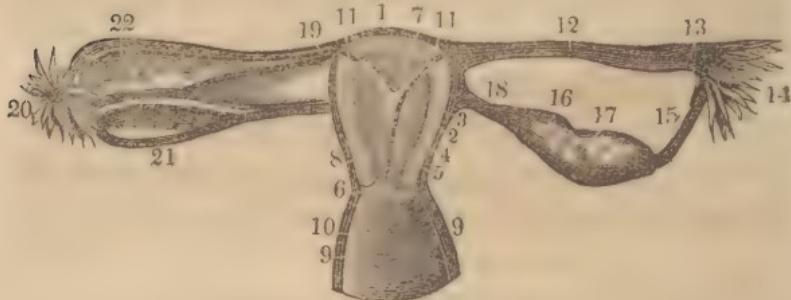
C. The spermatozoa from the developed granules, lying side by side within the vesicle, which change from a sphere to a long oval. After a time they break forth, but still adhere to each other for a short period, forming a bundle.

Before the years of puberty, the testicles secrete a viscid, milky fluid, which does not possess the qualities of semen. At the age of puberty, the semen is secreted and a revolution at once commences in the whole system. The voice becomes manlike ; the beard is developed ; the bony and muscular systems are increased, and the boy at length emerges into manhood. All these striking changes are evidently connected with the new secretion of the seminal fluid, and indeed, the removal of the testicles prevent them from taking place, as is seen in the case of eunuchs.

In a healthy state, before an emission of semen can take place, the penis must become erected. In such a case, the organ swells and distends in all directions. It becomes swollen, stiff and hard. Its heat is increased ; its arteries are enlarged, and beat and throb with more force than when the penis is quiescent. Various theories have been formed with respect to erection. The mechanical constriction and compression

of the veins of the organ, have been represented as the cause of the phenomenon. This vital action cannot in fact, be explained any more than the action of the heart, or of the intestines.

PLATE III.—FIG. 3.



*Explanation of Plate.*

*The Ureters, Fallopian Tubes, the Ovaries, and a part of the Vagina of a Female of sixteen years. On one side the tube and Ovary is divided vertically; the other side is untouched. The Anterior Portion of the Uterus and Vagina have also been removed.*

1. Fundus of the uterus.
2. Thickness of its parieties anteriorly.
3. External surface of the uterus.
4. Section of the neck of the uterus.
5. Section of the anterior lip.
6. Its posterior lip untouched.
7. Cavity of the uterus.
8. Cavity of its neck.
9. Thickness of the walls of the vagina.

10. Its cavity and posterior parieties.
11. Openings of fallopian tubes into the uterus.
12. Cavity of the left tube.
13. Its pavilion.
14. Corpus fimbriatum.
15. Its union with the ovary.
16. Left ovary vertically divided.
17. Vesicles in its tissue.
18. Ligament of the ovary.
19. Right fallopian tube untouched.
20. Its corpus fimbriatum.
21. Right ovary.
22. Broad ligament.

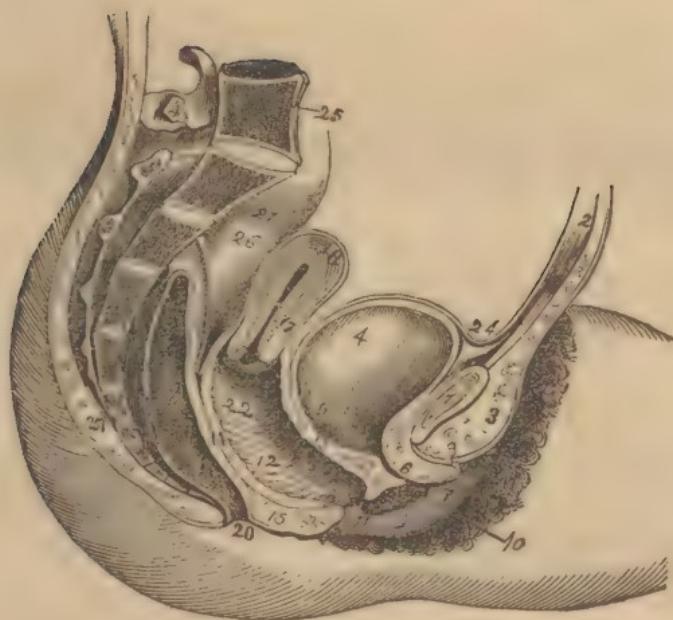
## PLATE IV.—FIG. 4.

*Explanation of Plate.*

*A side view showing a portion of the Internal Female Organs of Generation.*

1. Symphysis pubis.
2. Abdominal parietes.
3. The fat forming the mons veneris.
4. The bladder.
5. Entrance of the left ureter.
6. Canal of the urethra. 7. Meatus urinarius.
8. The clitoris and its prepuce.
9. The left nymphæ.
10. The left labium majus.
11. The orifice of the vagina.
12. Its canal and transverse rugæ.
13. The vesico-vaginal septum.
14. Vagino-rectal septum.
15. Section of the perineum.
16. Os uteri, 17. Cervix uteri.
18. Fundus uteri.
19. Rectum. 20. Anus.,
21. Upper portion of the rectum.
22. Recto-uterine fold of the peritoneum.
23. Utero-vesicle reflection of the peritoneum.
24. Peritoneum reflected on the bladder from the abdominal parieties.
25. Last lumbar vertebra.
26. Sacrum. 27. The coccyx.

PLATE IV.—FIG. 4.



FEMALE ORGANS OF GENERATION.

## THE FEMALE ORGANS OF GENERATION.

These are :—

1. The ovaria.
2. Fallopian tubes.
3. The uterus.
4. Vagina.

The ovaria are two small bodies formed of two membranous envelopes, and a fluid which runs into a mass, and becomes hardened like albumen. They are situated on each side of the womb, in the cavity formed by the bony structure called the *pelvis*. These vessels appear to contain the rudiments of the germ, and to bear to women the same relation that the eggs do to birds, fishes, and reptiles. When the *oaria*, as is sometimes the case, are not developed, an influence is exercised on the female similar to that produced by castration on the male. Women who are barren from this cause, have a harsh voice, hair on the chin and lips, and want feminine delicacy of form. The *clitoris*, in such cases, is unnaturally large, and inclinations manifest themselves, which has given rise to the idea of hermaphrodisim in many cases, where such a supposition is not correct.

The fallopian tubes are two narrow canals which communicate between the ovaria just described, and the internal part of the womb.

The uterus, or womb, is shaped somewhat like a pear; is situated between the bladder and rectum, and is formed of a tissue resembling that of the heart.

The vagina is the canal which connects the external and internal genital organs of the female. It is from six to seven inches long, and is lined by a delicate membrane of much sensibility which secretes a lubricating fluid. At the inferior part of the vagina is the *hymen*, a thin membrane which in the virgin state nearly closes the tube.

The external organs are the *labia* and *nymphæ*—folds of the skin—and the *clitoris*, which in form somewhat resembles the *penis*, is endowed with exquisite sensibility, and capable of erection, and is to the female what the glans penis is to the male—the seat of pleasure.

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#### COPULATION.

The phenomena of impregnation are wrapped in great obscurity, and although the ablest and most patient physiologists have long endeavored to penetrate this darkness and establish a rational and satisfactory theory, their efforts have as yet failed.

The part performed by man in the act of coition, consists in his depositing in the vagina, as near as possible to the neck of the womb, the semen. The part performed by the woman is not so clear. Some experience the most vivid sensations of delight and pleasure, but others suffer only pain and feel disgust. Such cases, however, are extremely rare. In fact, there is an almost infinite variety in the sensations and emotions excited in different subjects.

The most favorite theory has been, that the uterus, or womb, absorbs the semen, and directs it to the ovaria through the fallopian tubes; and that one of their vesicles being ruptured, the fluid which escapes, or the vesicle itself, is carried back to the womb, where the germ becomes developed.

This theory, though plausible enough, has not been by any means sustained by experiment. Even if it be admitted that the semen passes in this way to the ovaria, it remains to be seen how it impregnates the ovum. This it is of course impossible to ascertain, and the whole process, in all probability, must remain forever inexplicable.

That eminent naturalist and most careful experimentalist, Spallanzani, has made some singularly interesting experiments on this subject, which are not without great value in shedding

light on some of the matters connected with fecundation. He has discovered that three grains of semen dissolved in two pounds of water still preserved its impregnating power. He insists that the animalculæ are not necessary to fecundation ; but in this he is contradicted by Prevost, Dumas, and other distinguished observers.

On the whole, then, we must rest content that this is one of the mysteries of our nature which we can never fathom. Like the *rationale* of vegetating and other marvellous processes, the fecundation of the human uterus, lies and must lie, far beyond our ken.

## CHAPTER III.

*Different Stages of Seminal Diseases.*

I now proceed to the consideration of the various forms of seminal diseases.

In all the works heretofore published on this subject, the professional and non-professional reader must have been alike struck by the vagueness and indefiniteness of the descriptions of seminal diseases on which the authors have entered. Nothing like a practical and scientific arrangement of the diversified symptoms which present themselves in those cases, has been attempted. Hence the inefficiency of these treatises as guides to successful treatment—hence the loose and general character of the advice which they affect to extend to the unhappy sufferer, who may have sought in their pages the means of relief and preservation.

It is now my aim to arrange and classify under their appropriate heads, the different species of seminal disease. The widely-extended experience which I have enjoyed in the management of the "Medical and Surgical Institute," has afforded ample materials for this classification. It is very obvious that if I suc-

ceed in making this arrangement clear and intelligible, I shall advance a great way towards simplifying the treatment of these terrible afflictions.

In considering cases of seminal emissions we find that whatever the origin of the disease may be, the significations in each case indicate with great certainty the progress which the disease has made, and the organs which are involved. These indications seem to me of far more importance in determining the treatment than any thing else. We find some cases in which there is but a slight weakening of the genital organs, and no lesion of any others; some in which, though the disease is still confined to the generative apparatus, the whole man, mental and physical is enfeebled and wasted; and others, in which not only are the generative organs proper, the testes, the vasa deferentia, the prostatic gland, the ejaculatory ducts, and the urethra, diseased, but also the ureters, the kidneys, the intestinal canal, the medulla oblongata, the cerebellum, the entire brain, and even the lungs and heart are involved.

In this, as in all other affections, the attention of the intelligent medical adviser will of course be first directed to the origin of the disease. The result of such an inquiry, which in many cases will be opposed by the patient from obvious mo-

tives, will afford, I need not say, important indications of the appropriate treatment. But the idea which I now desire to present is, that in this classification I adopt as my basis not the causes which have produced the disease, but the symptoms by which it is characterized.

I have observed three stages in the disease which is produced by or produces involuntary seminal emissions. I say "which is produced by or produces," because the disease is a reciprocal one—the emissions themselves producing organic disease, which in its turn is followed by more frequent and copious emissions; these again aggravate the organic disease. The different stages to which I have alluded are as follows:—

*First Stage.*—In which the disease is confined to the organs of generation, and has produced more or less constitutional disturbance.

*Second Stage.*—In which other organs than those of generation are involved in the disease, producing more or less constitutional disturbance, but which is remediable.

*Third Stage.*—In which the disease of the second stage is aggravated to such a degree that it is irremediable.

## SECTION II.—STAGE 1.

*In which the disease is confined to the organs of generation, and has produced more or less constitutional disturbance.*

In this stage the involuntary emissions may occur during both day and night. They take place as often as three or four times a week, and, not unfrequently, two or three times in one night, sometimes with, and sometimes without voluptuous dreams ; though it is probable that the dream occurs in all cases, but is at times forgotten. On leaving his couch the patient feels very much exhausted, and frequently finds that he has perspired much through the night. A trembling weakness has seized upon his limbs : he has no appetite for the morning meal, to which the healthful appetite addresses itself with so much good will. The diurnal emissions happen at urinating and at stool ; and in almost all patients we find more or less steady dribbling away of the semen. In some it is perceptible by palpable drops, more or less frequent, and in others by a continual moisture of the lips of the meatus urinarius.

These are the unconscious losses of the seminal fluid in this stage. If these patients attempt to have connection with women, they have difficulty in entering, as their erections are almost

always feeble and transient, and their emissions take place too soon ; sometimes before they succeed in penetrating into the vagina, sometimes the moment after, with scarcely any pleasure to themselves and none to the woman, who is merely aggravated by this tantalizing operation. It is this to which patients refer when they tell us that "they cannot satisfy a woman." They will sometimes have conscious emissions without any erection, or with merely a slight erection without any attempt at connexion, or without self-pollution. A very little excitement—a female bust, or leg, the touch of a woman's hand, the smell of the perfume used by a woman of whom they are enamoured, a lascivious painting, or a mere voluptuous thought, will cause an involuntary, but a conscious loss of semen, without other pleasurable sensations than the mere excitement itself. The patient, if he practice masturbation, receives little or no pleasure from the emissions he procures in this manner, and only continues the practice from his fixed habit of thus attempting to gratify his inane desires.

The mind is often much enfeebled, particularly in its powers of concentration, and the memory is much impaired. There is frequent vertigo and a singing noise in the ears. The patient begins to lose his inclination for society and con-

versation ; the whites of his eyes are frequently quite yellow, wander about, and have "no speculation in them," and the whole countenance is somewhat vacant. The gait is feeble and irregular, and the patient falters as he rises from his chair. He generally loses flesh, and feels an uneasiness in the stomach, which suffers from many of the symptoms accompanying dyspepsia. He is easily startled. The slamming of a door—the firing of a cracker—the fall of a book—a sudden touch, or even the passing or speaking to him unexpectedly, will cause him to start "like a guilty thing." Cowardice is a sure consequence of masturbation or involuntary seminal emissions. The appetite is irregular, sometimes poor, sometimes voracious. The bowels are also variable in their action, being often constipated. The prostatic portion of the urethra is frequently irritable, and sometimes it is very much inflamed ; and there is often a thickening, sponginess, or puffiness of the parts immediately involving the ejaculatory ducts. The examination of the urethra by the bougie produces more or less pain, the instrument is sometimes spasmodically clasped, and when withdrawn is frequently followed by a bloody matter, which exudes from the lips of the urethra.

The mucous membrane of the vesiculæ seminales becomes inflamed and thickened, and the

size of these organs is increased. The testicles and the spermatic cord are so tender as to attract attention when the patient crosses his legs, and the semen is much thinner than natural. These patients have, very generally, dark spots under their eyes, and frequent flushes of heat in their cheeks, particularly when in company, and there is almost always more or less palpitation of the heart. It may be added, in conclusion, that there are some persons, who, from their rugged organization and great recuperative powers, are able to bear the loss of semen, either involuntarily or from masturbation, for years, without any apparent constitutional injury.

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#### STAGE II.

*In which other organs than those of generation are involved in the disease, producing more or less constitutional disturbance, but which is remediable.*

In this stage, as in the first, the pollutions are both diurnal and nocturnal, but by far the greatest and most debilitating waste is that which takes place by day. The nocturnal emissions are copious and recur almost every night, and sometimes three or four times a night. So relaxed have the organs of generation become, and so insensible to the usual excitement produced

by the passage of semen, that the patient has no voluptuous dreams, and is astonished and horrified on waking and finding himself and his bed-clothes saturated by a more copious seminal discharge than he was in the habit of emitting when in health. The semen is easily absorbed by the clothes, and dried up, because it has become thin, watery, and effete. But in addition to this loss, he is subject to one equally great on every occasion of urinating and defecating. This also takes place without any consciousness on his part, and his only knowledge of the fact is from the alarming weakness he experiences after passing water, or going to stool. He is sometimes completely impotent, not having the power of erection, sufficiently even to attempt connection with a woman, if he should desire to do so, which, however, is extremely rare with such patients, as they are perfectly conscious of their deplorable state, and almost dread the sight of a female. If the disease has been brought on by masturbation, and the practice is persisted in, which not unfrequently happens, the emissions give not the slightest pleasure or satisfaction, and are often accompanied by a disagreeable and disgusting sensation. But, as if the poor victim was to be hunted down by the passion he had roused, it now and then happens in this stage of the disease, that he unconsciously commits onan-

ism in his sleep ; and so fearful and deadly a hold has the habit upon him, that he can be prevented from this somnambulistic self-pollution, only by confining his hands to the bed posts, or in some other way, which will effectually prevent his manipulations.

The mind is absorbed, as much as it can be, by the one idea of its wretched situation ; and the sufferer is haunted by the thought that his condition and its cause are known to the whole world, and that he is pitied or scorned by every person whom he meets. He is often hypochondriac, and fearful suggestions of self-destruction ever and anon present themselves. The power of mental concentration is entirely gone ; and the memory is so feeble, that the patient continually forgets what he begins to say, even in reply to the inquiries of the physician as to his case. The dimness of vision is continual, and so great as to be a material annoyance ; and the eye is wandering, or fixed upon the ground, never venturing to meet the gaze of another. The ringing in the ears, pain in the head and over the eyes is almost perpetual, and sometimes accompanied with partial deafness. The heart is the seat of pain, and violent and long continued palpitations. The patient is so enfeebled as often to be unable to walk more than a few hundred yards without stopping to rest. He experiences an insati-

able desire for sleep, and yet on retiring, he lies awake for a long time, tormented by his troubled reflections, and at last falls into an uneasy slumber of short duration, and disturbed by horrid dreams. Hard, red pimples not unfrequently appear on the face, forehead, and body; a black semi-circle shows itself under the eyes, and the skin is livid and clammy. The appetite is either very much impaired, or very voracious, and the digestion is bad. The patient is tormented with flatulency which he cannot control, and which he justly dreads will render him disgusting to all in his presence. The bowels are generally constipated, obliging him to strain much at stool, thus aggravating the irritation of the prostate and vesiculæ seminales, and increasing the seminal losses.

On examination with the bougie, the urethra, as in the first stage, in some cases manifests great sensibility, and frequently resists the instrument so strongly that it is impossible to pass it; the patient suffers extremely, and often faints. The bladder is irritable and will retain the urine but for a short time; the ureters and kidneys are also inflamed, and on post mortem examination are sometimes found to contain abscesses; and they are the seat of great pain when pressure is made over the intervertebral spaces of the dorsal and lumbar vertebræ. The vesiculæ semi-

nales have become indurated, and can be felt to be knotty and hard. The testes have dwindled away, and the penis has become small, and to the touch conveys a cord-like feeling. The spinal marrow is very sensitive throughout its whole extent; the cerebellum is the seat of a dull and heavy pain, and there is a great feeling of pressure upon the brain. Cerebral congestion now and then occurs.

This stage of the disease is frequently accompanied by bronchitis, or a continual catarrh, and is subject to disease of the rectum and all the tissues near the generative organs.

It is hardly necessary to say that the functions of the nervous system are completely deranged. Indeed, nervous twitchings of the eye-lids, head, and limbs, are occasional consequences of long continued masturbation, or involuntary seminal discharges, and in this stage hysteria sometimes occurs.

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### STAGE III.

*In which the disease of the second stage has become aggravated to such a degree that it is irremediable.*

Of this stage little need be said. The patient, by neglect of himself, or from a false modesty, (which is too common with this class of patients),

has delayed seeking for proper medical relief, until he is completely destroyed. Body and mind are in ruins. The generative organs are so wasted as to be entirely inactive, or so diseased as to secrete but a ropy, thin, and glairy fluid, having few or none of the characteristics of semen, and which continually flows away from the unconscious victim. He is finally either hurried to a premature grave by consumption, epilepsy, or apoplexy; or, insanity, taking the hopeless form of dementia, has removed him from his own home to the mad-house. It is safe to say, that of all the cases of incurable insanity, a large majority are caused by involuntary seminal emissions, or by masturbation.

## CHAPTER IV.

## FIRST STAGE.

*Cases illustrative of the first class of seminal diseases, in which the genital organs alone are implicated.—Treatment adopted by the Author.—Its rationale and results.*

As I have already remarked in the introductory chapter, the works hitherto published on seminal diseases have been uniformly characterized by great indefiniteness and want of practical aim and value. My chief object is to produce a *practical* treatise on this subject; and I feel assured that in no way can that end be more satisfactorily attained, than by making a judicious and sufficiently extensive selection from the cases with which my practice has supplied me, and so classifying and arranging them that they shall present, both to the medical practitioner and the non-professional reader, a copious and intelligible index to the precise character and appropriate treatment of all the varied forms which seminal diseases assume.

The first class, in my general division of these diseases, embraces those cases in which the genital organs alone are implicated, and in which no serious constitutional disturbance has

as yet been manifested. Having given in the preceding chapter a general description of the symptoms presented in this form of seminal disease, I now proceed, in accordance with the plan just announced, to place before the reader several highly-illustrative cases :

#### CASE I.—A.

On the 20th of June, 1843, I was consulted by T. B., of this city, who gave, substantially, the following account of his case :

"I am now twenty-nine years of age, and have naturally a good constitution ; but it is so shattered by disease, that I feel as decrepit as if the storms of sixty years had passed over it. At nineteen I began to complain of bad health. My employments being of a sedentary nature, to this fact I attributed the sufferings which at that time I endured. Accordingly, I took an increased amount of exercise in the open air ; occasionally visited the country, and changed the scene of my existence in conformity with the common practice of treating all kinds of anomalous maladies. As to medicines, it was the most constant occupation of my life to devour them ; and I verily believe that, first and last, there is no article of the *materia medica* — purgatives, sudorifics, antacids, tonics, antispasmodics, and everything else that is horrible in the catalogue — which I have not forced into my stomach. As to advice, I have consulted doctors without number, wearying them with the details of my case, until, I have no doubt, they were glad to be rid of so tire-

some and unpromising a patient. When I look back and see the ordeal that I have passed, I am filled with amazement ; and it is to me a wonder that I am this day alive to relate my woes.

" Now, doctor, will you believe that it was only lately that I began to suspect that I was myself the criminal author of all my miseries ! This fact may appear incredible, and yet it is, as I fully believe, perfectly true.

" From my early years I have been guilty, as I am sure you already conjecture, of the debasing practice of self-defilement. Until within the last twelve months I have pursued it with unabated ardor, quite unconscious that it could produce any evil consequences. This was extraordinary ignorance ; but as I have always had an instinctive aversion to immodest or indelicate conversation, I have never broached subjects of this nature, and have avoided being a listener when they have been started by others. My disposition, besides, has been shy, and I have never had any particular desire for society—the result, perhaps, of my wretched health. By an accident I stumbled upon knowledge that led me to inquire further ; and I am now persuaded that the dreadful train of symptoms which harass me are the works of my own hand.

" For several years—I scarcely know how many—I have been subject to much weakness in the sexual organs. It has been very common for me to have seminal emissions at night, during my hours of sleep, and since my attention has been especially attracted to the matter, I have ascertained that I have seminal losses upon the stool.

"The moment I was led to suspect the true cause of my malady, I abandoned the habit ; but my involuntary discharges have, since, actually become more frequent than before. The practice I have relinquished for ever, come what may of it ; for I am now fully aroused to a perception of its moral enormity as well as of its physical injury. I see that it is degrading to human nature ; that it extinguishes all the noble feelings, the lofty hopes and aspirations, the pride of intellect, the laudable ambition which God has implanted in the breast of man for great purposes, and which make him but 'little less than the angels.' My opportunities have been great for attaining a position of influence among my fellow-men, but my spirit, resting under a blight, was content to grovel along through the world, untouched by its sympathies and unmoved by its excitements.

"When I go to my bed, it is with a kind of dread, for I know that it will afford no refreshment. My sleep is constantly disturbed by unpleasant dreams ; and in the morning when I arise, my tongue is foul, there is a very nauseous taste in my mouth, my head feels heavy, my body excessively languid, and I have no appetite for food. I crawl out to my business, but I have no inclination to attend to its duties. My bowels are usually constipated, and frequently they are much distended by wind. It appears to me, in short, that I have every kind of symptom, and I am greatly afraid that my constitution may be so seriously injured that there can be but little prospect of my recovery."

*Treatment.*—In cases of this nature, I always assume that there is irritation or inflammation in

the urethra, surrounding the mouths of the ejaculatory ducts, and that this has probably extended through the ducts to the vesiculæ seminales, and perhaps also along the vasa deferentiæ to the testicles ; and therefore I commence my treatment by examining the urethra, as I did in this instance. When the instrument had reached the prostatic portion of the canal, the patient complained of so much pain, that I thought it expedient to withdraw it, and use one of smaller size. This I passed into the bladder. The operation was attended with great suffering, and I knew from this fact that I had a severe inflammation to subdue before I could advance with the cure.

Having directed a mild vegetable diet, I ordered twenty leeches to be placed on the perinæum, and, after they became filled, the part to be fomented with flannels soaked in hot water, so that the bleeding from the bites might be promoted as long as possible. I further directed the patient to sit several times a day over a vessel containing steaming water, and finally to use mustard-poultices over the same region. His bowels in the first instance I caused to be well moved by castor-oil, which is a purgative for which I entertain a very strong predilection, as it effects its purpose with certainty, without pain or griping, with rapidity, and without leaving behind the weakness of the bowels, so common

with most other medicines of this class. The local antiphlogistic measures were continued for about two weeks, during which period I several times introduced the bougie, each time keeping it in from ten minutes to half an hour.

I will here remark respecting the use of bougies, that when there is a necessity for reducing inflammation by the process as above recommended, it may be imagined that the instrument is contra-indicated, under the idea that it counteracts the benefits to be derived from the external means. The fact, however, is otherwise. My experience has proved that the two methods act most harmoniously together, and that the results are much more rapid and satisfactory when they are employed in conjunction, than when either one is used alone.

The great tenderness of the urethra being now allayed, I applied the caustic to that part of it which was diseased. The effect of this remedy, when the case demands it, is one of the most gratifying in surgical practice. It is really astonishing how speedily it removes the morbid condition which keeps up the seminal discharge. The irritation disappears as if by a charm.

The patient had already felt the advantage of the treatment resorted to before the use of the caustic. The emissions were less frequent, and there was some amendment in the general symp-

toms. But I did not think it advisable to rely solely upon this plan for a cure, although it is probable that, in connexion with internal medicines, it would have proved successful. That treatment is best which is most sure, most speedy, and is free from dangerous consequences.

At the time of calling in the aid of the nitrate of silver (the caustic I generally use), I also ordered frequent cold bathing to the external parts, and began with such remedies as were calculated to renovate his dilapidated system. There was not, indeed, any organic disease to combat in distant organs; but there was a universal derangement of functions, as the symptoms plainly showed. I ordered the following pills, to correct the diseased secretions of the bowels, and keep them in a soluble condition:

B Aloes,

Pulv. Rhei,  $\text{aa}$ . 3j.

Pulv. Aromatici, 3j.

Saponis, 3ss.

Syrup., q. s.

F. Massa. Divide in forty pills.

He took one or two of these at bed-time every other night. About three weeks from the time that I began my treatment, there was so much improvement in the local affection, such an abatement in the seminal disease, that I conceived that tonics and more generous food might also be ap-

propriately given. His sleep at night was much better ; the pain in the head has vanished, and his spirits were more buoyant. He still complained of weakness, and certain feelings which seemed to spring from nervous debility rather than from positive disease. \* prescribed, therefore, thus :

R. Ext. Cinchonæ,

Ext. Gentianæ,

Ext. Anthemidis, ℥ 1. 3j.

Ferri Sulphatis, ʒ iij.

F. Massa. Divide in forty-five pills, and take one night and morning after eating.

The cautery I applied once in two weeks for six weeks, during all which time the nocturnal emissions became less and less frequent, and the seminal loss during defecation was at last no longer observed. The influence of the constitutional treatment was strikingly manifest by his daily increase in vigor, and the more animated expression of his countenance. The world around him put on a new and more agreeable aspect ; the "shadows, clouds, and darkness," which had gathered around him, were gradually dissipated ; and his heart, in which for years had reigned despondency or despair, was warmed into a new existence by the "pleasures of hope."

Altogether he continued under my charge for four months, with an occasional slight alteration

in his medicines. At the end of that time he was perfectly free from the seminal disease, and his general condition, he assured me, was better than it ever had been before within his recollection. I consequently dismissed him radically cured, and to this day, now nearly four years, he continues in excellent health.

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#### CASE I.

Mr. C. R., from a neighboring city, consulted me, December 2d, 1845. He complained of impaired virile power and appetite. His penis was shrivelled ; there was considerable irritation in the urethra about the prostatic part, and in the morning on rising he could squeeze out a drop or two of pus. During the night he had involuntary seminal emissions ; occasionally through the day there were partial erections, followed by a slight oozing ; and when at stool, he always experienced the same kind of losses. His general health was somewhat injured ; he suffered from pain in the back, and about the shoulder-blades ; had often what he described as crawling sensations, with other symptoms of nervous derangement. There was varicocele of the left testicle. His mind was despondent, and he entertained an apprehension that he was utterly impotent. Up to this time he had been perfectly chaste, but after his return home, it would seem,

from his subsequent accounts, he had improperly committed what, for him, were sexual excesses.

*Treatment.*—This patient was not very tractable under medical discipline. He was, in fact, disposed to follow his own views of the regimen most appropriate in his case ; and in his venereal indulgences, which appear to have partaken in a great degree of the nature of experiments, he also was rather disinclined to submit to control. He was naturally of a strong, robust, healthy constitution, boarding at the best hotels, and fond of high-seasoned food, brandy, beer, &c. He was, in fact, one of those *bon-vivants* who are willing to sacrifice health and ease for the pleasures of the table and the delights of the palate.

My object, therefore, was first to empty the alimentary canal, and induce him to leave off high living, and confine himself to a diet less exciting.

There was in his case an obvious local debility — erections strong enough, but his mode of living and the power of mind over his physical qualifications, in a great measure rendered him incapable of having a perfectly satisfactory connexion.

I advised him to live upon the following diet : mush and milk, rice and molasses, potatoes, beef and mutton soup, prunes, figs, &c., anything belonging to the vegetable and fruit kingdom : his drink to consist of tea, cold water, chocolate, soda-water, and lemonade. I directed him to

sleep ~~up~~ on a straw or hair mattress, and never to take late suppers; to take a long walk before bed-time, rise early, and not be in bed more than five or seven hours, and to endeavor to sleep upon his side; to bathe the private parts in cold water night and morning, and use the hair gloves once a day freely upon the inside of the thighs, upon the pubes, nates, &c., and apply ice two or three times a week to the back part of his neck, and to take internally:

R. Rad. Colombæ, cont.

Rad. Gentianæ, āā. ʒij.

Aquæ, Oiss. Boil to one pint, and add

Tinct. Aurantii cort. ʒj.

Tinct. Cardamom. ʒiss.

Syrup. Simplicis, ʒij.

F. M. Dose: a table-spoonful three times a day before eating.

Under this course he improved very fast, and had he afterward implicitly followed my instructions, in a short time he would have been completely restored to vigor. But, unfortunately, he now yielded to temptations, and injured himself by his pleasures with the other sex, thus neutralizing, partially, the effects of my remedies.

As his testicles were inclined to drag down a good deal, I requested him to wear a suspensory bandage, and continue to take the following prescription:

R Ext. Gentianæ, ʒi.

Sulphatis Quinæ, ʒj.

Sulphatis Ferri, ʒij.

Fiat. massæ, divide in pilulæ, No. L.

Dose: two, taken morning and evening, after eating.

This prescription he took about two weeks, at the same time observing as nearly as he could all my former directions; and besides which, I now told him to bathe the parts with rum one quart, and spirits of camphor two ounces, every other evening at bed time, and resort to the Douche-bath as well as the shower and Sitz bath every day. Notwithstanding his irregularities, under such treatment he slowly improved; and had he perseveringly followed my directions, and been "temperate in all things," he would have recovered entirely all his manly faculties.

The last time I saw him, he said he had been imprudent, but that he was perfectly satisfied he should in a short time be in a proper condition to marry, which was his great desire, and promised to fulfil my advice to the very spirit and letter.

I gave him permission after three months to make use of a more generous diet, only, however, taking meat once a day, and the

Compound Tinct. Gentianæ, ʒvij.

Elixir Vitriol, 3ss. Misce.

Take a tea-spoonful three times a day.

## CASE II.

G. R., age 27, of a nervous temperament, resident of New York, consulted me on the 5th of September, 1846, and gave the following history of his case: "In the first place I will state that I have been engaged to be married for some time, but in consequence of being afflicted with seminal weakness, and impotency, I have been obliged to delay from time to time my marriage, knowing my incompetency to perform the duties of a husband. The family of the lady begin to think strange of my conduct, and I do not wonder at it. I am in a fix, and what to do I know not. I am fond of the young lady, and she likes me, and there are no objections on the part of the family connexions. I feel more distressed about my situation from the fact of my having been under the care of a doctor for some time without receiving the slightest benefit. I must say, however, I have a little hope left, for I learned to my satisfaction, yesterday, that he is an accomplished humbug. He has been feeding me upon croton oil, and gin, and many such things; and my emissions are, I think, more frequent than they were before I took his medicines. I commenced the habit of self-abuse when quite young, say six or seven years of age, and continued it until I was fifteen years old, when I abandoned the practice, and afterward visited

the ‘women of the town.’ But the effects of my folly, even at that early age, began to manifest themselves. Notwithstanding I have long since given up the unnatural habit, emissions continue to occur three or four times a week, and I find, experimentally, that I have become physically imbecile, the seminal discharge sometimes taking place without erection. After every emission I feel very much prostrated, my head feels heavy, my mind is bewildered, and I find it impossible to fix my attention for any length of time upon any particular subject. If I could but get rid of these dark spots under my eyes, it would be a great relief to my mind. My bowels are costive, my appetite is poor; flushes of heat, (particularly when I am in company) come into my face, which I think every one must notice, and make me feel exceedingly embarrassed.”

*Treatment.*—I examined the urethra, and found that there was a more than ordinary tenderness in the prostatic portion, but on withdrawing the instrument, no blood or morbid matter followed it. A small quantity of semen adhered to the bougie, and a drop was seen in the lips of the meatus urinarius. I advised the patient to wear a suspensory bandage, made of linen open work, and to procure a strong pea syringe, with which I directed him to inject warm milk three

times a day, exercising particular care that there should be no particles of dirt in it, which might be thrown into the bladder, and there form a nucleus for stone. It may not be improper to remark here, that with a small syringe, it is difficult, if not impossible, to force liquid into the bladder. I continued the use of the bougie once a week for several weeks, allowing it to remain in the urethra from fifteen to twenty minutes at each introduction, at the same time directing the patient to apply mustard plasters, followed by warm fomentations to the perinæum, at least twice a week. During this time I kept his bowels open once a day with the following pills :

R Pulv. Rhei, 3iss.

Aloes, 3j.

Sulphatis Ferri, 3i.

Saponis albi, 3i.

Ext. Gentianæ, q. s. to make mass.

Divide in pilulæ, lx.

Dose : from one to two taken before dinner as required.

I ordered him at the same time to throw away his gin and croton oil, and avoid all stimulants, and too nutritive a diet, such as eggs, meat, spices, wines, and spirit, and let his food consist chiefly of fruit, and vegetables, crackers, stale bread, and milk. I advised him, if possible, to alienate his mind from voluptuous thoughts, and

to occupy it with abstract and serious topics: to retire to bed very much fatigued, and to take every night one of the following pills:

- R. Pulv. opii. grs. vj.  
Gum Assafæt., grs. xxx.  
Tart. Emetic, grs.  $\frac{1}{4}$ .  
Pulv. Aconiti, grs.  $\frac{1}{2}$ .  
Ext. Cinchonæ, q. s.  
F. massæ. Divide in three grain pills.

To rise early in the morning, and if he could not avoid sleeping on his back, to have a bunk so constructed that he could not turn over.

So soon as I had removed the morbid irritability and tenderness in the urethra, by the means here used, my attention was next directed to the best means of invigorating the generative organs as rapidly as possible, and at the same time to give a healthy tone to the general constitution. Accordingly I requested him to wear upon the front part of the scrotum, a small bag containing

- R. Camphor pulv. 3j.  
Wheat bran, 3j. Misce.

To bathe the parts three times a day with cold water, or what is better, to apply the cold Douche. (See plate,) and make use of general cold bathing, shower baths, &c., apply pounded ice to the back of the neck, and allow the Douche to play

upon the whole length of the spine every other day, from ten to twenty minutes.

It is proper to observe here that it is a very easy matter to construct a douche, in every house where the croton water and baths have been introduced, by attaching a hose to the cock, and holding it a short distance from the parts, and allowing the water to play. The use of such an apparatus is of essential service. It must be remembered that in this case there was a partial impotency, and the treatment adopted was necessarily somewhat different from what it would have been in a case of emissions, aside from a loss of erection. To cure these cases permanently, tonics and astringents, as internal remedies, must, as a general rule, be given. It is exceedingly rare that stimulants are proper, especially in purely seminal emissions; and in impotency, rarely are they so, except as counter-irritants. There are certain cases of seminal emissions, arising from some irritating cause, (not debility of the parts) where medicines are not required at all. But where the constitution has been much reduced, debilitated, &c., tonics have proved in my practice, highly valuable.

I now commenced by giving vegetable tonics, principally with a view to improve the general health. Such as the compound tinct. of Gentian, Cinchona, Quassia, and Colombia. After con-

tinuing these for some time I supplied their place by the following pills:

R. Precipitat. Carb. Ferri, 3j.

Sulph. quinæ, grs. x.

Ext. quassiæ, q. s. to make mass.

Divide in three grain pills; two to be given morning and evening.

Under this treatment the emissions did not occur oftener than once in from three to five weeks, and the erections were so much improved that he thought himself able to perform satisfactorily the duties incumbent on a husband. His health improved, his bowels became regular, and by taking frequent walks in the open air, together with a more generous diet, he entirely recovered, as his letter will show. I forgot to mention that after the emissions had ceased, I ordered him to shampoo the parts contiguous to the generative organs with a coarse crash towel, or flesh brush, which is better.

NEWARK, N. J., Jan. 30, 1846.

DR. BOSTWICK,

Dear Sir:—As I do not expect to again have the pleasure of seeing you for some time, I take this opportunity of assuring you that I duly appreciate the many blessings which you have been the means of bestowing upon me. To you I owe all the happiness which I enjoy in my domestic relations, for I am sure I should never have ventured upon the voyage had it

not been for your chart and guidance. But enough of this, for I am no believer in flattery; but will say that all my fears, as to my not being competent to fulfil the duties of a husband, are at an end. I am a married man, and feel most grateful that God has blessed me, so far beyond my deserts, in the new state upon which I have entered. I trust you will be pleased to learn that my health is entirely restored.

G. R.

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CASE III.

TROY, N. Y., October 10, 1847.

DR. BOSTWICK,

Dear Sir :—I have, by the habit of solitary vice in my youth, injured myself so that I cannot perform the functions of nature. I can get an erection, but it is transient; the spermatic fluid is lost at the *commencement* of the sexual act, and I am anxious to know whether anything can be done that will cure me.

I am not much troubled with nocturnal emissions, or anything that would indicate a fixed disqualification. The greatest difficulty I experience is the impossibility of retaining the semen until discharged by the natural operation. My general health is tolerably good; the trouble seems to be, as far as I can judge, entirely confined to the sexual organs. Everything appears weak and flabby; the testicles are not as hard as they used to be: they drag down, and I think this accounts for the pain which I have running up each groin. I have taken a cargo of advertised remedies, without de-

riving the slightest benefit. From the experience you have had in such cases, do you think there is any hope for me ?

*Treatment.*—I answered this letter, and advised the patient to come to the city, and told him that I thought I could cure him. On the 19th of October he came to my office. I examined the urethra and found a great tenderness in the prostatic portion. The instrument was grasped so that it required some little strength to draw it out. It was held very much in the same manner as it is held by a stricture. Bloody matter followed its withdrawal. During the first week I passed the bougie three times, and allowed it to remain in the canal from fifteen to twenty minutes each time. I ordered him to sit frequently over the hot steam of an infusion of hops and poppy heads, and after the water was cool to remove the solid ingredients and apply them to the perinæum in the shape of a poultice; to take several warm mustard hip baths, and to empty the intestines with a dose of senna and salts. After I had succeeded in removing the tenderness and spasmodic affection of the parts involved, I cauterized the prostatic and bulbous portion of the urethra, and ordered the patient to wear constantly a suspensory bandage, and take the medicine prepared according to the following formula :

**R.** Calami acori, concis.  $\frac{3}{j}$ .

Cardamoni seminis,  $\ddot{a}\ddot{a}$ .  $\frac{3}{ss}$ .

Rad. Gentianæ, cont.  $\frac{3}{iv}$ .

Aurantii corticis,  $\frac{3}{j}$ .

Cinnamomi,  $\frac{3}{ss}$ .

Vini Xericæ, Oijj.

Macerate for twelve days, strain, and take a table-spoonful three times a day, before eating.

I requested him to avoid all stimulants, and live upon a vegetable and fruit diet. On the first of November he felt much better, with scarcely any unpleasant feelings about the genital organs.

The progress of the cure was, in all respects, quite satisfactory; and in his natural vigor he said that there was a decided improvement. I repeated the cauterization, and requested him to bathe the parts in cold water—to resort to general cold bathing—the sitz bath, &c., and apply a bag of pounded ice to the perinæum two or three times a week, and hold it there from ten to fifteen minutes; shampoo once a day the parts contiguous to the suffering organs, and make friction with the hair gloves.

I now discontinued the use of the first prescription, and substituted the following:

**R.** Ext. Cinchonæ,

Ext. Gentianæ,

Ext. Anthemis nobilis  $\ddot{a}\ddot{a}$ .  $\frac{3}{ij}$ .

Ferri Sulphatis,  $\frac{3}{ij}$ .

Fiat massæ et divide in pilulas singulas, grs. v.  
One to be taken three times a day, before eating.

On the 14th of November, I had another visit from him, when he assured me that his virility was nearly restored. He continued to take the last prescribed pills for three weeks, and with increased benefit; I advised him to return home, marry, and be very moderate in his indulgences, and if he thought it necessary, he might take for a while longer,

R<sub>2</sub> Pulv. Myrrh. 3ij.

Ext. Cinchonæ.

Ext. Aurantii, āā. 3ij.

Fiat massæ et divide in pilulas singulas gr. iij.

One to be taken morning, noon, and night.

This patient informed me some time after his marriage that he had thus far possessed good health, had had no complaints from his wife, and was enjoying life about as well, he thought, as most of his neighbors were doing. I advised him to continue the use of cold bathing, and take a more nourishing diet, with a good glass of wine and a raw egg every morning.

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#### CASE IV.

D. C., aged 26 years, naturally of a strong and healthy constitution: consulted me May 6, 1846, and said, that he contracted the ruinous habit of self-abuse when very young at school, and did not discover that it was destroying his

health until he thought it too late for any treatment to save him from a most disgraceful death, that of suicide, and that his visit to me was not of his own seeking, but a friend had urged him to try what the medical art could do for his case. His conversation and manners all partook of the well-known symptoms of this class of patients. His emissions occurred sometimes as often as two or three times a night, and he said, that he could not look a female in the face without having one. The veins upon both sides accompanying the spermatic arteries were in a varicose condition. These varicose veins, in my opinion, are not unfrequently caused by the habit of masturbation. His penis was shrunk up, and had become small and hard by the long and continued friction of the hand.

*Treatment.*—I examined the urethra and found some tenderness in its prostatic portion. He fainted, and urinated while in the state of unconsciousness. He did not complain of much pain during the passage of the bougie. I continued to introduce the instrument twice a week for three weeks; upon withdrawing it each time, it was followed by a considerable quantity of semen, but there was a decided diminution of this fluid on each application. From repeated trials, I am satisfied that a

proper and judicious use of the bougie will be followed (whenever it is indicated) with the most salutary results. During the use of this instrument, my directions to this young gentleman were to place himself upon the lightest possible kind of diet. For the first two or three weeks, I did not allow him any thing but Indian and oat meal gruel, afterwards fruit and vegetables. He was requested to sleep upon a hard bed; retire late, and after a long walk; sleep on his side, rise early in the morning, and abstract his mind from the subject of his complaint as much as possible. In accomplishing this object, he would find that by reading interesting books, and particularly the Bible, or rather studying it, great assistance would be afforded him. I advised him to wear a suspensory bandage, and make daily use of the local douche, and apply several times during the week pounded ice to the back part of the head and neck, and also to the perinæum. To take frequent cold bathing, shower-baths, and bathe the scrotum and the parts about it with the spirits of camphor. And take at the same time,

R. Iodidi Ferri, 3*i.*

Aquaæ Font. 3*j.*

F. Solutio, and preserved by dropping into the bottle a small nail.

Of this he took five drops three times a day, gradually increasing the dose up to ten. The iodide of iron seems to possess a powerful effect in arresting some cases of seminal emissions for a short time, but it must be given with great caution. This article, so far as my experience goes, has a marked influence over the heart. It produces a sedative effect on that organ, and hence, it is very useful where there is an enlargement of it. As soon, therefore, as the patient tells you he feels an oppression, or a kind of smothering about the heart, its farther use should be at once discontinued, and given again only when all such symptoms have disappeared.

Under this treatment he improved very much, and on the 28th the emissions took place once every other night, and sometimes only every third or fourth night. On the 20th of June, I gave the following pill, one each night at bed-time :

R Pulv. Opii. grs. vj.  
Gum Assafœt. grs. xxx.  
Tart Antim. gr.  $\frac{1}{2}$ .  
Pulv. Aconit. gr.  $\frac{1}{2}$ .

Fiat massæ : make into vj. pills, with the  
Ext. Gentian.

On the first of July, the emissions occurred about every eighth night. I now ordered him to

use alternately with the above pills, the following suppository :

R Ext. Belladonnæ gr.  $\frac{1}{2}$ .

Pulv. Opii. gr. ij.

Camphor, gr. v.

Ext. Cinchonæ, gr. x.

Fiat massæ. Make a suppository. This is to be introduced into the rectum on the end of the finger.

On the 15th, the emissions had become much less frequent. I still continued the use of these medicines, and on the 29th, the emissions had ceased. I now allowed him to take a more nourishing diet, and occasionally to take the following medicine:

R Acidi Sulph. Aromat. 3j.

Tinct. Quassiae,  $\frac{3}{4}$ iv.

F. Mist. A teaspoonful to be taken three times a day.

I requested him, also, to avoid stimulants, of whatever kind, and to adhere strictly for some considerable time to all the general directions which from time to time he had received.

Some few months afterwards, this patient called upon me, and his appearance had so much improved that I did not at first recognize him.

## CASE V.

UTICA, N. Y., May 17, 1846.

**DR. BOSTWICK,**

*Dear Sir :—The medicines you last prescribed are exhausted, and I am unable to say that I am any better. In all particulars I believe that I have faithfully followed your directions—yet the nocturnal emissions occur as often as three or four times a week. This, I am sure, is as much as my physical nature can bear. They are dreadfully debilitating. I am almost wholly incapacitated, both in body and mind, for any kind of pursuit. I am, indeed, nearly discouraged. I am at a great loss to know what to do. Yet I have the greatest confidence in your ability to cure me. I still feel that you are my only hope. I feel that I must get well. I am engaged to a young lady, and her happiness as well as my own depends upon my recovery.*

Now, my dear doctor, what is to be done ? I am so easily excited that I find it difficult to restrain myself when in the company of females. The fastening of the hands works well enough. I am, indeed, in a sad condition, physically and mentally. Oh ! what would I give if the full history of my case could be published to the whole world—so that young men could take warning from my condition, and thereby learn how to steer clear of a practice so unnatural, and so humiliating to the feelings of a man, and which, if persisted in, is sure to lead to his utter destruction.

*Treatment.—This is one of those terrible cases*

where the onanist has contracted the habit of self-pollution during his hours of sleep. I advised him to wear a suspensory bandage and lock his hands up to the bed-post in such a manner as to prevent his using them during the night, which he says answers perfectly well, but still the emissions take place very often. Upon receiving his last letter, I felt sure that the trouble or cause of so frequent emissions was situated in the prostatic portion of the urinary canal, and I so wrote him, at the same time advising him to come to the city, and place himself directly under my care, as the best and only means which I could suggest for his relief.

On the second of June, he came to my office : I examined the urethra with a bougie, and with difficulty passed it into the bladder ; it caused very great pain and faintness. Upon withdrawing the instrument, it was followed by a quantity of blood, mixed with pus. I advised him to have twenty-five leeches applied to the perinæum immediately, and sit over a bucket of hot water as soon as they should drop off, so that the steam and warm bathing would keep up a further bleeding. I ordered the leeches to be followed by a blister and hot poultices, hot mustard hip baths, &c., &c. I had his bowels opened with a dose of castor oil, and confined him to a light gruel, vegetable,

and fruit diet, advising him to scrupulously avoid every thing stimulating, to drink nothing but cold water and mucilaginous fluids. On the 8th I passed the bougie again, which gave yet considerable pain, and its withdrawal was followed by bloody matter, but not near as much as in the first instance. I still continued the use of warm applications to the perinæum, making use once or twice a week of an injection up the rectum according to the following formula:

B. Tinct. Belladonnæ, *m.* xxx.

Tinct. Opii, *m.* xl.

This to be added to a pint of starch water.

Simple warm water and flax-seed tea are very proper and exceedingly useful in relieving pain and reducing inflammation about the prostatic urethra, neck of the bladder, &c. On the 18th, I again introduced the bougie, and its withdrawal was not followed by any matter, though there was still an undue tenderness in the urethra. I used the bougie again between the last date and the first of June, at which time I applied burnt alum to the mouth of the ejaculatory ducts, with the happiest results.

His emissions by this time had become much less frequent, taking place only once, or sometimes twice a week. I now for the first time ordered him to use the following pills.

- R. Camphor, grs. vi.  
Acet. Plumbi, grs. iv.  
P. Opii, grs. v.  
Ext. Gentianæ, q. s.

Fiat massæ. Divide in pills of two grains. Dose : one morning and evening, after eating.

While he was taking these pills, I directed him to bathe the parts once a day with a saturated solution of spt. of camphor. On the 15th of June his emissions had stopped. I now gave him a more powerful tonic, and advised the use of cold applications to the parts. He took for some time after the following pills

- R. Sulph. Ferri, grs. x.  
Sulph. Cupri, grs. v.  
Sulph. Quininæ, grs. v.  
Ext. Quassiæ, q. s.

Fiat massæ. Divide in two grain pills : one to be taken morning and evening after eating.

This gentleman left the city for home on the 10th of July, and considered himself cured of his nocturnal emissions. He was, of course, somewhat weakened and debilitated. His only fear and apprehension now was, that he would continue to masturbate during his sleep, and I had difficulty in persuading him to discontinue the chains upon his hands at night. It was my opinion that after getting rid of all the irritation and inflammation, which I think is

the exciting cause of this unconscious habit, there would be no more occasion for resorting to the chain and pad-lock. He left me feeling himself to be a new creature, and looking forward to future happiness with the object of his affections; with a grateful heart he bade me farewell, promising to write in a few weeks. About the first of September, I received a letter from him, stating that his expectations were, if possible, more than realized. He said that he had had but two emissions since leaving my office, and that he had left off the chains; that he could mingle with ladies as well as other gentlemen without experiencing any of his former troubles; that he soon expected to be married, &c.

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#### CASE VI.

HARTFORD, Jan., 1847.

Dr. BOSTWICK,

*Dear Sir:*—About a year ago last November, I consulted you concerning my case of nocturnal emissions, debility, &c., and obtained some medicines which I took with me, and after I had taken it I wrote you from New Orleans; you answered me, and gave a prescription, and farther directions, all of which I strictly obeyed. I have improved in every particular; my emissions are not so frequent, and when they

do occur, they do not debilitate me so much as they formerly did.

I came back from the south last spring, and called on you again, obtained some more medicine, and returned home. I have just finished taking the last box of pills, and am slowly, but decidedly on the mend, with the single exception of these dark, or blue spots under my eyes. What is this ? is it in the blood, skin, or where ? Can it be removed ? I still have emissions, but very seldom. I do not think they hurt me now at all ; perhaps they do not occur oftener than they would in one who had never been addicted to the habit that brought them on.

You recommended me the last time that I saw you to get married ; your advice is good ; I have not yet taken it, but have determined to do so early in the spring. I feel quite relieved from all my former apprehensions on that interesting subject. I do not discover but what my erections are as strong and healthy as they ever were. I shall be passing through your city in April after a wife. The only remains of my former troubles are spots under my eyes. If I can get rid of them I shall be perfectly happy ; but they seem to cling to me like a guilty conscience. It always reminds me of those vulgar chaps who put their thumbs to their noses, and ask : "Can you see any thing in my eye ?"

This young gentleman called upon me as he promised, and felt quite delighted at the thoughts of his future happiness, but was uneasy about

the spots under his eyes, and wanted to have them removed if possible.

This palpebral areola—this dark, turgid, or œdematous state of the lower eyelids, is not peculiar to the onanist. It may, in general, be observed, that it is an attendant upon debility, drowsiness, languor, &c.

In my opinion, it arises, principally, from two causes, which, at times, may concur with each other in the same patient, and at others may each one in itself be competent to produce the phenomenon. The first cause is a deficiency of the red globules of the blood, and the second a want of a free and healthy circulation. Females who are badly troubled with fluor albus, those who are suffering from chlorosis, most women during the period of menstruation, persons laboring under severe headache, those who have often been bled, or such as have lost much blood by accident, I have observed, and so no doubt have most medical men, present the discolorations in question. From such observations, I deduce the opinion which I have above expressed; and I am strengthened in it by the fact, that when patients affected in any of these ways recover their health, the darkness usually disappears.

It is, therefore, evident that no direct application can do much towards dispersing these appearances; but the treatment which is best

adapted to restore health, is the best means of getting rid of these “plague spots,” which so much annoy and trouble this class of patients.

That the purity and healthiness of the blood is deteriorated by frequent losses of semen, there can be no doubt; for the seminal fluid is the very cream and essence of the blood, and I was about to say, of life itself.

I have been in the habit of advising patients to bathe the face often in cold water, and to lay upon the under eyelid a piece of lint, saturated with cold and astringent solutions; this, in connexion with constitutional treatment, is the best thing that can be adopted. I have found that gentle pressure will sometimes assist in dispersing the darkness, and have therefore told my patients that when they retire at night to lay upon the eyelid wetted lint, and upon it a two ounce weight, or a silver dollar. These applications can easily be retained, without scarcely any inconvenience, by a bandage.

*Treatment.*—Warm applications are only admissible where there is an unusual tenderness, inflammation, &c., in the prostatic portion of the urethra. I instructed him how to introduce the bougie, and told him to pass it once a week for four or five weeks; to use the sitz bath, and douche; cold water upon the parts every morn-

ing and evening; to let his diet consist chiefly of vegetables and fruit; sleep on a hair mattress, and upon his side; rise early, and keep himself cheerful—to read no lascivious books—to keep all voluptuous thoughts far from the mind, and when he had nothing to do, to read the Bible, and other useful books. To wear a suspensory bandage, and the camphor bag on the front of the scrotum, and take

R. Ext. Gentianæ,  
 Ext. Cinchonæ, āā. 3ij.  
 Sulphat. Ferri, ʒi.  
 Pulv. Rhei, grs. x.  
 Pulv. Myrrh. gr. x.

Fiat massæ. Divide in three grain pills. One to be taken three times a day before eating.

And when these were gone, to substitute

R. Tinct. Gentianæ, comp. ʒvij.  
 Acidi Sulph. Aromat. 3ij. Misce.

Dose: a tea-spoonful to be taken three times a day, before eating.

After having taken this, I advised him, if he thought it requisite, to take

R. Sulphat. Ferri, grs. x.  
 Sulphat. Cupri, grs. v.  
 Sulphat. Quininæ, grs. v.  
 Ext. Quassiæ, q. s. to make mass.

Misce. Divide in three grs. pills: one to be taken morning and evening.

When this young gentleman left me upon his last visit, I advised him to make use of the applications above spoken of to the eyes ; to continue bathing in cold water ; make use of the hair gloves ; to take a meat and more substantial diet, and be temperate in all things, and he would never regret the course I had advised. Not a very long time after the last interview, he passed through the city, and called upon me, and said that all was right, and he did not know how he could compensate me for the many blessings which he was enjoying, mainly through my instrumentality.

He thought he never should be troubled any more, and with many thanks, bade me adieu.

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#### CASE VII.

TROY, November 24th, 1846.

DR. BOSTWICK,

*Dear Sir :—I write for the purpose of asking your advice in a matter which deeply concerns me.*

About four or five years ago, I had the misfortune to contract the gonorrhœa, and after trying the skill of all the doctors in town, besides tampering with myself for a long time, I got out of all patience, gave up all hope of getting cured of it, and resolved to let it take its own course. As usual, it run into a gleet. I say as usual, for I have always understood that the gonorrhœa,

if left to have its own way, terminates by leaving a gleety discharge.

For three years the discharge, particularly when I was under the influence of stimulants, was very great. Five or six months since, while returning from a sea voyage, the discharge became much less, but I am troubled with a seminal weakness, which is, if possible, still worse. Since then, I have had nocturnal emissions three or four times a week. Besides my other difficulties, a stricture is forming, as I believe, for in making water, I feel a scalding pain, and the stream is spiral, splits, and is small.

I am naturally very anxious to rid myself of this complaint, as also to improve my general health. It prevents my forming a marriage contract which I have had for some time in view.

Can you cure me? My habits are very regular; and so far as the use of intoxicating drinks, or the indulgence in sexual intercourse is concerned, I am abstinent.

I expect to be in New York soon, when I shall put myself under your immediate care. But I feel that I have neglected myself too long, and am anxious to commence treatment immediately.

*Treatment.*—In anticipation of seeing this gentleman according to his promise, I commenced the treatment by first advising him to pass a gum-elastic bougie twice a week, and allow it to remain in the urethra from half an hour to three or four hours; to take fifteen drops of the

Tinct. Ferri Muriatis three times a day, avoid all stimulants, take a Seidlitz powder twice a week, and live principally upon a vegetable diet. At the end of three weeks he could make a full and round stream of water, and the discharge had nearly stopped. I then ordered him to use an injection of Sulph. Cupri, half gr. to the ounce of water, which arrested the gleet.

His emissions, during this treatment, became much less. On the first of March he came to town, and I pursued the following treatment:

R Comp. Tinct. Gent., ʒvijj.  
Tinct. Colombæ, ʒiv. F. mist.

Of this he took half a wine-glassful three times a day before eating, and bathed the parts thrice daily with

℞ Spt. Vini dilut., 2 parts.  
Spts. Camphoræ, 1 part.  
Acet. Plumbi, ʒj.  
F. misturæ.

This course was pursued until the first of April, allowing him at the same time a more generous diet. His health is now entirely restored, and with good spirits he bade me goodbye, promising to send me soon a piece of wedding cake.

## CASE VIII.

P. C., aged 40, consulted me May 24th, 1846. Fourteen years ago he commenced the practice of self-pollution, and continued it from five to seven years. At the end of that time, he says he was half dead. He felt weak, and had pains in his legs and knees, and could not stand more than five minutes at a time upon his feet, as the pain in both them and the legs was so severe. He had great dizziness in the head—his eyesight became dim, and his hearing very obtuse. He says that he would jump and start at every sudden noise. He went to Europe, and quit the habit—took cold bathing, began to improve, and he married three years ago. He has had no live children. His wife has several times miscarried. She never went beyond six weeks after conception. During all this time he has had a constant leakage of semen. His erections have not been much impaired. In consequence of the seminal evacuation, which has been constant, he conceives that this fluid has lost, to a great extent, its fecundating virtue, and hence that his children perish in embryo.

*Treatment.*—I gave him the following prescription :

Tinct. Gentianæ Comp., 3vij.  
Acidi Sulph. dilut., 3ij.

Fiat *misturæ*. Dose, a table-spoonful three times a day.

The perinæum to be steamed with an infusion of hops and poppy heads. This brought out a papular eruption over the thighs, hips, and up as high as the navel. To cure this, I gave small doses of sulphur and cream of tartar, and a strong compound decoction of sarsaparilla.

June the 10th.—The leakage has entirely ceased, and he feels now certain that he will have healthy children, born into the world at full time.

This case, although placed under the present head, is one which, at the period when he ceased the practice of onanism, would have belonged properly to the second stage, or that of constitutional disturbance accompanying the disease of the genital organs. It may be regarded as instructive, for it shows a train of distressing symptoms, pressing hard upon the pernicious practice, and when the one was abandoned, the effects rapidly subsided. Nothing can better illustrate the close relation existing between cause and consequence, than the history which the patient gave of his case.

## CASE IX.

NEW YORK, May, 1846.

Dr. H. BOSTWICK,

*Sir:*—You will excuse my manner of asking information, from the motive I have for secrecy. I have injured myself by early indulgence, and am now suffering the penalty of my imprudence. I am quite weak and enervated, and am unable to perform the marriage act in consequence of the semen flowing almost instantaneously. Can this be cured? It troubles me very much, as I am engaged to be married, and I shall be compelled to break my engagement to one I love best in this world, if I cannot be cured. I am young, not yet twenty-five years of age, and am in other respects quite healthy. I have never had any venereal disease, but ascribe this weakness to the effects of masturbation, and the too frequent intercourse with women in my wild and unreflecting youth. My object in addressing you (having heard from a friend of your success as a surgeon, and especially in the treatment of these diseases) is to be informed if my case is curable, and if so, what will be the amount of your fee for attending to it? Please inform me by letter, as soon as practicable.

Respectfully yours,

D. D.

This is another graphic description of this kind of cases, in which there was but very little if any constitutional injury, the trouble being confined chiefly to the genito-urinary organs. I

examined the parts with the bougie, and found that it caused a good deal of pain while passing the bulbous and prostatic portions of the urethra. Upon withdrawing the instrument, a little bloody matter, mixed with pus, followed it. The patient fainted, while I turned to clean the bougie, fell to the floor, and in the fall struck upon the fender before the fire, and hurt his head considerably. Those unaccustomed to pass instruments into the urethra, it is well here to remind of the fact, that many persons faint while undergoing this operation, and particularly for the first time. I have seen some individuals who always faint when the bougie is introduced, while there are many others that experience scarcely any inconvenience. This remark is made in allusion to the passing of the bougie into *healthy* urethras. The sympathy existing between the urinary organs and many other organs of the body, through the medium of the nervous system, not unfrequently produces vomiting, rigors, &c. It is therefore necessary, while using instruments in the urethra, to be on one's guard against accidents. I usually prefer the standing position when I introduce them; but if patients were placed upon the speculum chair, a bed, or the floor, the danger of hurting themselves would be avoided; and such persons as

are inclined to syncope, should always be put in a reclining position.

*Treatment.*—Begun May 9, 1846. I introduced the bougie three or four times, at intervals of two days, gave a dose of senna and salts, and advised the use of warm hip baths three times a week, warm fomentations to the perinæum, &c. At the end of two weeks, I cauterized the prostatic portion of the urethra, and still kept up the use of warm applications to the parts, allowed the patient to drink freely of buchu tea and mucilaginous drinks. On the first of June the inflammation and irritation had nearly subsided. During this treatment, I advised him to avoid all stimulants, and to let his diet consist of plain, light, and digestible food; and to drink tea, cold water, lemonade, &c. Having reached this point towards the cure, I used, in place of the warm applications, the cold douche and sitz baths, and directed him to make frictions in the neighborhood of the affected parts. The cauterization I repeated, requested him to wear a suspensory bandage, and gave him the Tinctura Ferri Muriatis, commencing with five drops three times a day, and directed him to gradually increase the dose to sixty drops, unless unpleasant effects should be experienced about the kidneys or bladder. This medicine he took for ten or twelve days, and the

general treatment was continued until about the middle of July. By this time he had so far improved that he was able to have a sexual connexion without the discharge of the seminal fluid occurring too soon. I now allowed him, with the view of improving his general health, a somewhat more generous diet; told him to drink every other morning a glass of sound Sherry wine, in which a raw egg had been broken. I directed him, at the same time, to take the following medicine :

- B. Aurantii Cort., ʒj.  
Serpentariæ Virgin., ʒj.  
Flor. Anthemidis, ʒiss.  
Humuli lupuli, ʒj.  
Aquæ bullientis, Oijj.

Infuse for three hours, and strain. Of this he was ordered to take a table-spoonful three or four times a day.

He continued to take this medicine until the first of October, at which time I was able to pronounce his cure complete.

This young gentleman was married on the first of November. I have had the pleasure of seeing him often since, and he always expresses his thanks, and seems to look upon me as his greatest benefactor.

## CASE X.

CHARLESTON, S. C., April 2, 1846.

DR. BOSTWICK,

*Sir:*—Induced by the reputation which you have in this part of the country, I take the liberty of laying my case before you. If, in your opinion, anything can be done for my relief, and the charge is moderate, (for my circumstances are exceedingly limited,) I will remit the fee to be charged, on hearing that there is a prospect of relief, not asking a prescription until the fee is transmitted and received by you.

My case is one of impaired venereal desire, resulting from onanism in early life. There is not a total loss of venereal appetite, but imperfect erections, and want of zest in the venereal enjoyment. Such has been my condition for nearly eighteen years—during the whole of which time I have been *married*, and have several healthy children. I had for a long time the usual symptoms attending the secret vice, as nocturnal emissions, emission of semen when straining at stool, &c., &c. These have ceased in a great measure. My general health is of the best. My digestion is very good. I have been quite a free drinker of ardent spirits, which no doubt has aggravated the infirmity.

If I had been treated for the complaint at the proper time, I have no doubt I could have been entirely restored. The question for you to decide now is, whether an infirmity of so chronic a character as mine can be helped at this late day.

I have considered my case despairingly, and have

not, therefore, resorted to the faculty for relief. If you think there is any hope, say so, and let me hear from you as early as convenient.

Very respectfully, yours, &c.,

B. W. R.

This is a case of impaired venereal power, where the sad effects of onanism show themselves a long time after marriage. I have selected this letter from a number which I have received, all giving very nearly the same description of feeling, symptoms, &c., &c. I have had during the time I have been in practice a great many personal applications from gentlemen similarly afflicted.

*Treatment.*—Such being the condition of this patient, I accordingly prescribed for internal use,

R. Tinct. Lyttæ, ʒj.

Tinct. Ferri Muriat., ʒiss.

F. M. Ten drops to be taken three times a day, in a spoonful of water, increasing it gradually to forty drops. In the event of irritation about the bladder, he was directed to discontinue the medicine. Externally, I ordered an embrocation composed of,

R. Sp. Camphoræ, ʒiss.

Sulph. Æther., ʒj.

Tinct. Opii, ʒss.

Sp. Terebinth., ʒj.

Misce.

The parts were frequently bathed and rubbed with this; cold bathing, and the cold douche,

were employed daily, and dry frictions and shampooing were also resorted to, to increase the tone and arouse the organs to more energetic action. Frequent indulgence in the nuptial privilege was prohibited, until after a complete restoration of virile power. In his diet, he was permitted to eat meats rarely cooked, to take every morning a glass of wine with a raw egg broken in it, and at dinner to drink half a glass of good porter. This course having been pursued for twenty days, the drops internally administered were superseded by,

R. Ol. Amygdalæ,  $\frac{3}{4}$ iss.

Phosphorus, 3j.

[See formula No. 41.]

Of this preparation he took five drops four times a day, with the happiest effects.

To increase the general vigor of the system, he finally took

R. Tinct. Gentianæ, Comp.,

Tinct. Colombæ,

Tinct. Quassiae,  $\frac{1}{2}$ ā.  $\frac{3}{4}$ j.

Acidi Sulph. 3j.

F. Mist. Dose : two tea-spoonfuls, three times a day, before eating.

At the end of three months from the time of commencing the treatment, he declared to me that his sexual power was completely re-established, and that in all respects, he considered himself to be everything he could desire.

## CASE XI.

NEW HAVEN, Nov. 2, 1844.

**DR. BOSTWICK,**

*Dear Sir:*—I have been for nine or ten years troubled with exhausting nocturnal emissions of semen. It seems to be incurable by ordinary means. I have heard that there has been discovered a new method of treatment, which is to cauterize the seminal ducts where they enter the urethra, and that it is very successful.

I wish to learn whether you are in the habit of practising this operation; and if so, and there is no danger attending it, I should like to put myself under your care for this purpose.

In answer to this letter, I stated that I had been in the habit of cauterizing the prostatic portion of the urinary canal for many years, and in the majority of cases with success.

Soon after this note had been despatched, the patient came to see me, and he looked the very picture of despair. He was of a leuco-phlegmatic temperament, about twenty-nine years of age, tall and extremely thin, tongue constantly covered with a white fur, appetite poor, bowels constipated, urine scanty, and high colored. He had an aversion to going out, and tried to shun all of his friends and acquaintances; would keep his bed until ten or twelve o'clock, and did not even care about rising at that late hour.

*Treatment.*—I examined the urethra with a bougie, and found a stricture about half an inch anterior to the mouths of the seminal ducts. There was some difficulty in passing the obstruction, but by keeping up a constant and gentle pressure for ten minutes or more, the instrument found its way into the bladder. He fainted completely away; but, notwithstanding, I allowed it to remain in fifteen or twenty minutes. I ordered him to keep his bowels in good order by taking the following pills:

- R. Pulv. Rhei,  $\frac{3}{2}$ j.  
Aloes Pulv., 3vj.  
Myrrhae,  $\frac{3}{2}$ ss.  
Saponis,  $\frac{3}{2}$ j.  
Ol. Menth. pip., m. xx.

Misce. Beat them into a mass with syrup of orange peel. Divide in three gr. pills. This makes an excellent pill for constipation. Two taken at bed-time, or before dinner, will usually open the bowels without griping or purging.

In this case, I was satisfied that the emissions were caused by the irritation which was kept up behind the stricture, involving the mouths of the seminal vessels.

Whenever the urethra gets stopped up by a thickening of its mucous membrane, or any other cause, so as to prevent the free escape of urine, a small quantity will be retained behind the

stricture, the acrid nature of which becomes a source of great annoyance, and will produce what the patients call a sore spot; and every now and then there will be a considerable quantity of matter discharged, which is apt to alarm the patient, and lead him to think that he had never been cured of his last case of clap.

The discharge of matter in such cases, its color, appearance, &c., will very much depend upon the length of time it has been accumulating, the acrid quality of the urine, &c. Sometimes it will be of the consistence of genuine clap matter, but more generally it looks like buttermilk. What is the remedy? Is it medicine? No.

The plain bougie will do more towards curing such cases than all the medicine in Christendom; for in most instances, if you succeed in curing the stricture, you stop the discharge of morbid matter, and not unfrequently the emissions besides.

I will take this opportunity to say a few words upon the use of the bougie. Though this work does not profess, specifically, to treat of stricture, yet there are so many cases of seminal emissions dependent upon this accident, and in which the use of the bougie is indispensable, it will be quite in place here so to notice it. When we have a stricture—in the proper sense of the

term, an induration of the parts affected, which has been of slow growth—the too frequent application of that valuable instrument will do more harm than good ; and instead of allaying irritation, will keep it up. The bougie should not usually be introduced oftener than twice or three times a week, and it should be allowed to remain in from one hour to six or eight.

In this case, I passed it twice a week, and dilated the passage to its natural size ; at the same time I kept the bowels in good condition, and allowed him plain food to eat, cautioning him particularly to avoid all stimulants. I told him to sit over the steam of hot water and hops three or four times a week, and requested him to rub bear's oil along the course of the urethra. I have found that the free use of fatty or oily substances is very useful in the cure of stricture in the male penis ; but of all I have employed, bear's oil is the most efficient. It is more penetrating than any of the other oils, and it seems to soften the tissues, or in some unknown manner facilitate the passage of bougies. While a patient is under treatment for stricture, or other cause of seminal losses, his drinks should consist only of pure water, tea, and mucilaginous fluids. I am satisfied, from experience, that mucilaginous drinks, especially if accompanied with the bicarbonate of soda or the bicarbonate of potass, will assist

greatly in relieving cases of this description. These alkalies are useful, not only in consequence of their alkaline reaction, but also because they have a peculiar power in allaying morbid irritability of the mucous membrane of the urinary passages.

With such treatment, this patient was cured without cauterization, notwithstanding he had imagined that no ordinary means could be of any avail. So soon as I had succeeded in removing the stricture, irritation, and inflammation, which I did by calling in the aid of the hot steam and fomentations, in conjunction with the other means which I have already mentioned I allowed him a more generous diet, and gave,

R. Quassiæ,  $\frac{3}{4}$ j.

Cinchonæ cort.,  $\frac{3}{4}$ iss.

Aurantii cort.,  $\frac{3}{4}$ j.

Aquæ Bullient., Oijj.

Make an infusion. When cold, a half a tea-cupful was taken three times a day before eating.

In one month he gained five or six pounds of flesh, and, judging from his present appearance, he has every prospect of enjoying good health, and as long a life as any person I know of.

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#### CASE XII.

R. B., aged twenty-one, consulted me May

2d, 1846, and said that he learned the habit of onanism while he was at college, and that he had deferred, from a sense of shame, to apply to any surgeon for relief; but that he now began to feel the effects of the vice so much, he could no longer delay attending to himself. He had emissions three or four times a week; had palpitations of the heart, weakness and trembling in the limbs, headache, pain in the loins and back part of the head, a constant ringing in the ears, poor appetite, and desire to urinate frequently. He said flushes of heat would come into his face when any one spoke to him, and the slamming of a door, or any sudden noise, would make him start and jump, &c., &c.

*Treatment.*—I examined the urethra, and found more than ordinary tenderness. I placed him at once upon my usual regimen, opened the bowels with Ol. Ricini,  $\frac{3}{4}$ j., and kept them in good order with prescription No. 44, and gave Tinct. Digitalis for several days. This was succeeded with the Iodid. Ferri. I made use of warm applications to the perinæum, which were followed by the cold. I passed the bougie once a week.

By the 5th of June the palpitations were relieved, and the emissions had become much less frequent, while his general health was considerably improved.

I now gave No. 40, which he continued to take for fifteen days. At the end of this time the emissions occurred only once every two weeks. I discontinued the last medicine, and gave No. 28, which he continued to take until the first of August. The emissions no longer occurred, and I discharged him cured, advising him to continue for one or two months to take the last prescription, leaving out the acid.

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## CASE XIII.

J. J., aged 20, consulted me in August, 1844. He was troubled with nocturnal emissions about twice a week, which were brought on by the habit of self-abuse. His general health was good, and, as yet, the seminal losses had not disturbed his mental faculties; but fearing they would, he felt anxious to have them arrested.

*Treatment.*—I placed him upon a low regimen; gave a dose of senna and salts; requested him to apply to the parts warm fomentations, which were to be followed by the cold douche, cold bathing, &c. I gave,

R. Comp. Tinct. Gentianæ,  $\frac{3}{4}$  viij.

Sulph. Acid., m. xxv.

Of this he took a table-spoonful three times a

day for three weeks, and his emissions became less. I then gave the Tinct. Ferri Muriat., five drops three times a day, gradually increasing the dose to forty-five or fifty. Eight weeks from the commencement I discharged him cured.

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#### CASE XIV.

##### STRICTURES IN THE URETHRA CAUSED BY ONANISM.

The observations upon this subject by Sir Everard Home, and other writers, have been fully confirmed by my own experience. I have had many cases under my care, when the patients were from the country, and who declared that they never had had any connexion with women—never had had any disease of the urinary organs, and never had used injections, &c., and yet I have found strictures in these cases as difficult of cure as those caused by gonorrhœa, or any other kind of inflammation.

Mr. G., aged 24, consulted me on the 9th August, 1846, and stated that he contracted the degrading habit of self-abuse when quite young, and continued it with a perfect furor until the age of 19 years. He said that he had experienced difficulty in voiding his urine for some time before he abandoned the practice of mas-

turbation, and had more or less smarting and burning in the meatus, with pains shooting through to the loins ; and that he had observed several times thick yellow matter in the mouth of the urethra after making water. His clothes were always wet with urine, and although he had long abandoned the foolish habit, nocturnal emissions so frequently occurred that they prostrated him very much, &c. He declared he had never had anything to do with women, and never had had any occasion to use injections in the urethra.

*Treatment.*—On examining him with a bougie, I found a stricture just anterior to the mouths of the ejaculatory ducts, and could not pass it until I had used several hot hip baths and warm fomentations to the perinæum. I continued the use of bougies until the stricture was cured, and gave him No. 13, with a view to improve his general health. His emissions ceased, and I discharged him cured.

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#### CASE XV.

Mr. O., a student of medicine, aged 20, placed himself under my care May 1, 1847, and stated that he was troubled with nocturnal emissions, which were brought on by masturba-

tion: there was smarting in the urethra, difficulty in urinating, and a dribbling of urine after each micturition. He had never had any connexion with women, nor had he ever done anything to produce inflammation in the urethra, except by the practice of onanism; and though he had discontinued the habit long since, the seminal losses continued several times a week.

*Treatment.*—I examined the urethra, and found a stricture about three inches anterior to the prostate. I cured the stricture, and on the 4th of July he was well.

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#### CASE XVI.

C. P., aged 19, consulted me on the 1st of July, 1846. He complained of suffering from nocturnal emissions several times a week, which destroyed all his energies, and rendered him quite unfit for business. This was brought on by the unfortunate habit of masturbation, contracted while at school. His appetite was very poor; his memory had begun to fail. His parents became greatly concerned about him, and thought he was threatened with consumption. He had been under the treatment of a quack for a short time, when by accident his father

discovered what was the foundation of his ills, and he brought him to me, and placed the young gentleman under my care.

The treatment being adopted which I conceived the case required, at the end of seven months he had improved greatly in both appearance and manner, and at the end of nine months I discharged him cured.

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#### CASE XVII.

Mr. W. H. called the 10th of July, 1845, to consult me, and stated that he had been in the habit of practising masturbation upon himself for a long time, but that for the last eighteen months he had ceased to indulge in it. He was, nevertheless, troubled with nocturnal seminal emissions several times every week; had become very much reduced in flesh; had palpitation of the heart, constipation of the bowels, loss of memory, pain in the back part of his head, and in the loins, and had very unpleasant sensations running up the spine. His urine was high-colored and scanty. Every morning he observed floating in it a considerable quantity of flocculi. Under his eyes he had dark spots, and dreaded going into company.

This patient was in my hands under treat-

ment until the following March. During that time I placed him upon the regimen and medicines which I usually employ in such cases, and I am happy to say completely restored him to sound health.

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#### CASE XVIII.

Mr. D. C., aged 21 years, short and fleshy, consulted me on the 3d of August, 1844. Without knowing anything of his condition, he would be supposed to be in the enjoyment of perfect health ; and with the exception of the local weakness of the organs of generation, he was so. He had never practised onanism to a slavish extent, but he was extravagantly fond of the women, and had indulged with them too much for his own good. He had been gradually losing the power of erection for the last eight or nine months, and now all sexual desire was nearly extinct. If he attempted to have connexion, he had scarcely any pleasure, and with the greatest effort, he was able only to emit one or two drops of semen.

This is one of the cases that occasionally are seen, in which the natural vigor of the constitution has enabled the patient to withstand the common injurious effects of excessive sexual indulgence.

This patient was under my treatment until February of the next year, when I discharged him, perfectly competent to perform every manly function.

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## CASE XIX.

LOWELL, MASS., July 1, 1846.

DR. BOSTWICK,

*Dear Sir:*—At an early age I contracted the habit of masturbation, and I did not discover that it was undermining my constitution until nearly two years had elapsed. It then began to produce a drowsiness and loss of appetite, a general debility, and weakness and trembling in my limbs. I tried again and again to give up the habit, but found it almost impossible. You will be surprised when I tell you that, more or less I continued the practice until but a few months since, and I am now twenty-eight years of age; but I am now well convinced that to indulge any longer in the debasing habit would destroy both mind and body, and I have come to a fixed determination to abandon it. My fears are that I shall never recover good health again. I presume you are perfectly familiar with all the horrible symptoms which arise from onanism, and I will not trouble you to read a long story about it. I must, however, give you some of the symptoms which are most alarming to me. I am troubled with nocturnal emissions three or four times a week, and they so completely prostrate me, that I find it difficult to rise from my bed in the morning; they also cause extreme

pain in the small of my back, and in my breast; red pimples or blotches break out on my body and face. My memory has become very treacherous. I have a palpitation of the heart, and flushes of heat come into my face, particularly when any one speaks to me suddenly. I have a great pain in the back part of my head, and more or less headache. I am, in fact, unfitted for business; I feel much pain and smarting whenever I urinate, and I have observed a loss of semen after I have a passage from the bowels. I can have erections, but not very strong. There is evidently a weakness in the generative organs. When I look back and contemplate my folly, I become almost frantic. Oh, sir, I cannot describe to you all my feelings, if I were to write over a whole ream of paper; and were it not for the hope I have that you can cure me, I should commit suicide. I have been under the botchings of several quacks and respectable physicians, and have paid them large sums of money without receiving any benefit; and had it not been for a friend to whom I submitted my situation, I should never have consulted any more medical men. But it so happened that he had been cured of a similar disease by you, and he inspired me with so much confidence in your ability and skill in the treatment of onanism, that I am buoyed up with the fond hope that there is yet a chance left for me to mend my ways, and be once more restored to the enjoyment of life. My great anxiety is now to get well, get me a wife and settle down, and become a respectable man in my own estimation, as well as in that of my neighbors.

Will you have the goodness to write me on the re-

ception of my letter, and tell me what I must do? If you cannot treat me properly, or as well here, as you can by seeing me at your office, I shall visit your city at once, and remain there until I am well.

*Treatment.*—By the narrative that this gentleman has furnished of his case, it will at once be perceived that the disease had approached the second stage, and that he was suffering from a train of severe constitutional symptoms. He came to the city for treatment, and I explored the urethra, as I always do, in the first instance, to ascertain the extent and seat of the primary malady. On withdrawing the bougie, the introduction of which gave me considerable difficulty, and inflicted upon the patient much pain, I had every indication of ulceration of the membranous portion of the canal. The first step towards a cure in such cases is to subdue the inflammation, and allay the irritation, which produce so much local and constitutional disturbance. His bowels I moved with a brisk purgative of senna and salts, and kept them regular afterwards with a pill occasionally administered, composed of rhubarb, aloes, and soda. Thus:

R. Pulv. Rhei, 3j.

Aloes, gr. x.

Sodæ bicarb., 3j.

Ol. Caryophilli, m. vij.

F. massa. To be divided into pills of five grains

each. One or two to be taken at night when required.

I placed him upon the diet which I usually adopt in all such cases. To the perinæum I directed the application of twenty leeches, and had the bleeding encouraged, after they had dropped off, by warm fomentations. Daily he used the warm hip, or the vapor baths. Thrice a week I introduced the bougie, and at the end of two weeks from the commencement of the treatment I applied the cautery. The scrotum was suspended, and occasionally the perinæum, and the inside of the thighs were bathed with the tincture of camphor. Under this system he soon began to improve. The extreme irritability of the urethra and seminal ducts had abated, the nocturnal losses had become less frequent, his sleep was more refreshing, and his spirits began to revive.

Having palpitations of the heart, arterial sedatives were indicated, and accordingly I gave five drops of the tincture of digitalis three times a day, and gradually increased the dose up to twenty. This he continued to take with decided advantage, the palpitations becoming much less violent, for about eight days.

The last medicine I followed with the Iodide of Iron, administered in the subjoined form:

R. Ferri Iodidi, 3j.  
Aquæ destill., 3j.

In this solution a piece of iron wire should be placed to prevent decomposition. Of this I ordered him to take five drops three times a day, and increased it gradually to ten or fifteen; but before he had reached ten drops his palpitations had entirely ceased, and he no longer complained of headache. During this treatment, pounded ice was applied two or three times a week to the back of the head and neck. By this time the frequency of the involuntary emissions had very much diminished. Afterwards I gave the tincture of the hydrochlorate of iron, in doses of five drops, increased to twenty-five, which was succeeded at the end of twelve days by,

R. Sulphatis Ferri,  $\frac{3}{4}$ ij.

Sacchari pulv.,  $\frac{3}{4}$ j.

$\frac{3}{4}$  ii

Misce. Divide in forty powders: one to be taken morning, noon, and night.

At the end of twenty days, his emissions having nearly stopped, I directed,

R. Radicis Colombæ cont.,

Radicis Gentianæ cont.,  $\frac{aa}{4}$ .  $\frac{3}{4}$ ij.

Aquæ, Oiss.

Boil down to half a pint, strain, and add,

Tinct. Aurantii,  $\frac{3}{4}$ j.

Tinct. Cardamomi,  $\frac{3}{4}$ ss.

Syrupi Simplicis,  $\frac{3}{4}$ ij.

Misce. A table-spoonful three times a day, to be taken before eating.

The cutaneous eruptions which disfigured his face and covered his body, yielded readily to the general treatment pursued, together with vapor and sulphurous baths.

During the treatment of all cases of this description, I recommend patients to drink freely of the Avon, Richfield, or Sharon waters, of the State of New York.

He was now allowed a more generous diet, with directions to avoid excesses of every kind. On the first of November, the local symptoms having all disappeared, and the constitutional disturbances being consequently removed, he returned to his home, both morally and physically a new man.

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#### CASE XX.

T. B., aged 28, consulted me on the 6th of May, 1845. In stature he was very tall, thin in flesh; his hair was red, and complexion light. He stated that he had indulged in the secret habit for eleven or twelve years, and from the excesses which he had committed in this way, he was astonished that he had not died long since. There was no decided constitutional injury, but he was greatly dejected in spirits, much emaciated, and was laboring under all

the horrible train of symptoms with which this class of patients are commonly afflicted. He said he had tried a great many quack nostrums, which seemed to have aggravated rather than ameliorated his condition.

I told this patient, in the beginning of my treatment, that if he would persevere long enough in following my directions, I could cure him. To this he was ready to promise, if I could give him assurance of ultimate recovery. I commenced the treatment of his case at once, and although it was exceedingly obstinate and intractable, yet at the end of thirteen months he had entirely recovered. He has since married, and now is the happy father of a fine child.

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## CASE XXI.

ALBANY, Dec., 1843.

DR. BOSTWICK,

*Dear Sir :—*Although I have but little faith in the ability of physic or physicians to help me in my present condition, yet a feeling analogous to that which impels drowning men to catch at straws induces me to resort to medical aid, in the faint hope of obtaining some relief

I am satisfied that, in my case, a restoration to health and vigor is out of the question—still, I trust something

can be done to arrest the farther progress of the decay which is now gradually destroying me, mind and body.

My case is briefly this: from the age of eight or nine years, to that of eighteen, I practised the habit of onanism. During that period I saw and read several books describing the terrible effects of the practice, but had no power to desist, until I began myself to experience the consequences of what I had read. My sight became affected—my growth was totally arrested, and what more particularly alarmed me, was the frequent occurrence of the nocturnal emissions: the dread of still more fearful consequences accomplished what conscience and self-respect had failed to do, and I renounced and abandoned the habit.

I was about eighteen when this occurred, and I indulged the hope that the effects would disappear on relinquishing the practice that had produced them. In this I was mistaken, and from that time until now, a period of more than four years, I have been slowly but steadily sinking. Meanwhile I have dieted, bathed, exercised, and adopted various means, which have sometimes appeared temporarily successful, in the hope of arresting the progress of the malady, and occasional intervals of better health and spirits than was usual with me, countenanced the delusion that I was gradually improving.

But I am now satisfied that unless something more efficacious than the simple means I have made use of is resorted to, the constant drain by emissions, &c., to which I am subjected will eventually destroy me.

No means which I have tried have removed the emissions, which still average from twelve to fifteen a month, as near as I can ascertain; but besides these, every stool is followed by an oozing or dribbling of semen, and the same thing sometimes follows after urinating—the parts are shrunk and withered, and in a state of utter impotency.

If you think you can help me, I will call upon you at any hour of any *evening* this week (after Tuesday) which you will mention.

A note directed to R. J., and dropped into the Post Office, will reach me.

Yours, in haste and in hope,

R. J.

This case would be at once set down by the inexperienced practitioner as incurable impotency. The above letter is a very correct and intelligent description of this kind of cases. Here we have a weakness,—a paralysis,—or, whatever the cause may be, a want of power in the ejaculatory ducts to retain the semen. This is the result in all cases of this class. There are frequent emissions, without erections—an almost constant leakage, and a greater or less dribbling of semen during defecation, and especially when there is constipation of the bowels. Where there is no great constitutional injury, and the individual is enjoying a tolerable share of health, these cases are susceptible of being cured, though, as a matter of course, the cure must, in the nature of things, be very

slow, requiring from one to two, and sometimes three years to complete it. I have treated a great number of such patients, and have scarcely ever failed in restoring them to health, when they persevered a sufficient length of time.

Although I have divided this disease into classes, or stages, yet it is utterly impossible to lay down absolute rules or a particular mode of treatment, which, if followed strictly and to the letter, may be expected infallibly to work out a cure. Every case in every division must be managed according to circumstances; and, as no two cases are ever exactly alike, so will the process to be adopted in the progress of the cure, in no two be precisely the same. In laying down rules, therefore, we can only generalize, or give fundamental principles,—the details must be left to individual cases, and will be suggested by the peculiarities of each, as they present themselves to the inspection of medical men.

When there is a languid circulation and great prostration, stimulants are very proper and judicious, and, in connexion with tonics, will produce most happy results. This patient seemed evidently to have been stunted in his growth. He said that his father and mother were both large, and that his brothers and sis-

ters were also much taller, and finer-looking than himself. His general health was not so much injured as one would suppose, from his long-practised habit of self-abuse ; and had he not inherited a vigorous constitution, the habit so long indulged in would have been his destruction. As it was, he considered himself incurable. His whole appearance plainly indicated, when he entered my office, the nature of his malady. As these appearances have been fully described already, it is unnecessary here to repeat them. It will be sufficient to refer to the symptoms which relate to the disease of the genital organs. I will just mention, that this gentleman never had had connexion with a female, and labored (as is usual with this class of patients) under the idea that he never could, and therefore the thought of ever marrying was out of the question.

*Treatment.*—I examined the urethra with a bougie, and found a good deal of difficulty in passing it into the bladder, but, by patient perseverance, I at last succeeded ; not, however, without causing a very considerable degree of suffering. Upon withdrawing the instrument, I was surprised to see the quantity of pus that followed. This at once demonstrated the local difficulty, and satisfied me that there was one at least, if not several abscesses, which the in-

strument had opened. The farther treatment was now very plainly pointed out, which was to subdue the inflammation and heal the ulcers. This I accomplished in the following manner. I ordered the patient to have twenty-five leeches applied to the perinæum, and as soon as they dropped off, to sit over the steam of boiling water, having in it half a pound of poppy heads, and half as much more of hops, and to apply to the parts as a poultice the solid ingredients after the water became cold. I ordered him to have his bowels at the same time opened with a dose of senna and salts, and to wear constantly a suspensory bandage. This treatment commenced on the 14th day of December, 1843. I continued to pass the bougie twice a week, allowing it to remain in from fifteen minutes to an hour each time; using warm applications and hot mustard hip baths once or twice a week. His ingesta were light and digestible food and cold water. The ulcers were very obstinate in healing, and it was not until the first of February that the pus no longer appeared per urethra. I continued to use the bougie, but not as often as in the beginning.

During all this period, I should not forget to mention, there was a constant dribbling of the seminal fluid. As the condition of the ulcers

improved, however, the loss diminished. On the first of February I cauterized the prostatic portion of the urethra, which farther exercised a salutary effect over the chief feature of the disease. On the 18th of the same month, I used the nitrate of silver, mixed and modified with gum-arabic. On the 14th of March, the inflammation and irritation were nearly subdued, and the spermatic discharge had almost ceased.

Patients must not be alarmed if they find that the involuntary flow of seminal fluid and morbid matter is increased directly after the application of the nitrate of silver to any portion of the urethra, for such is always the result of this peculiar agent upon the mucous membrane of that canal, whether it is in a healthy or unhealthy condition. By waiting a few hours, the beneficial effects will be strikingly apparent.

I now commenced giving tonics, acids, astringents, and stimulants, and I recommended him to resort at least once or twice a day to the sitz and douche bath; to apply mustard plasters upon the perineum, sacrum, and loins, and to use freely frictions with the hair gloves, and shampoo with the fingers upon the pubis, nates, inside of the thighs, &c.

There is no peculiar advantage to be gained by bathing in *salt* water. The purest and

clearest cold water is unquestionably the best. If irritation upon the skin is required, the hair gloves and flesh brush afford the best means of producing it. Everybody ought to know that the skin is a great absorbing surface, and will take into the system almost any substance, which, being sufficiently divided, comes in contact with it. The question, then, is, do we desire that salt should be taken into the circulation? I advised him to take out-of-door exercise, such as walking, fishing, hunting, &c., but no horseback riding, which in all such cases is very injurious. To retire fatigued, sleep upon his side, and upon a hard bed, and rise early. In case erections should occur in the night, to jump immediately upon the cold floor, and bathe the parts with cold water—to take at bed-time two of the pills, made as follows, to prevent an emission:

R Pulv. Opii, gr. vij.

Pulv. Assafetidæ, 3ss.

Antimonii Tart., gr. j.

Aconiti fol. pulv., gr. iii.

Fiat massæ. Divide in twelve pills, and take two for a dose.

[See prescription No. 42.]

I directed him, also, to take directly after eating, morning and evening, the following pill:

- R Ferri Sulphatis, gr. **x.**  
Cupri Sulphatis, gr. **v.**  
Quinæ disulphatis, gr. **xv.**  
Ext. Quassiæ, q. s.

F. massa. Divide in pills of two grains each.

On the first of April there was no dribbling of semen, and the erections were tolerably good. He continued to use the last medicine until the middle of April, at which time I substituted for it the following, and directed him to take it three times a day :

- R Tinct. Gentianæ Comp.,  
Tinct. Colombæ,  
Tinct. Quassiæ,  
Tinct. Cinchonæ,  $\frac{aa}{3}$ . **3ij.**  
Acidi Sulphurici, **3j.**

F. mistura. A tea-spoonful for a dose, just before eating.

I told him to eat a little rare roast meat every day, and drink half a tumbler of London porter every other day at dinner. By the 20th of May the erections had become very much more vigorous. His mind was also improved, and he now felt satisfied that his recovery was no longer doubtful. In these cases it frequently happens (in fact, almost always,) that the mind has such an influence over the desire, that, to re-establish healthy mental operations, is to cure the complaint. By the first of June he was capable of

having sexual intercourse with scarcely any physical difficulty. I now discontinued the last prescription, and gave No. 32, viz.:

R. Acori Calami concis.,  
Cardamomi Sem. cont.,  $\frac{aa}{3}$ .  $\frac{3}{j}$ .  
Pulv. Gentianæ rad.,  $\frac{3}{iv}$ .  
Aurantii cort.,  $\frac{3}{j}$ .  
Pulv. Cinnamomi,  $\frac{3}{iss}$ .  
Vini Xerici, Oiv.

Macerate for twelve days, and strain. Dose: a table-spoonful three times a day before eating.

He persisted in taking this throughout the month of June and part of July, all the time slowly and constantly improving. There remained now but very little more to be done towards the completion of the cure, beyond encouraging his mind, and directing him to preserve strictly the general plan of regimen which already had been adopted.

On the first of February, 1845, I received an invitation to spend the evening at No. — East Broadway. When I arrived there, I found, to my surprise, a large fashionable party assembled to congratulate my old patient upon his *debut* into married life. The thought struck me that to look upon such a bride would be enough to restore the most impotent to perfect health and manly vigor.

## CASE XXII.

C. R., a gentleman twenty-five years of age, came from the country to consult me early in the spring of 1844. His appearance indicated much disease. His countenance was sallow, eyes sunk, and dull, body very thin, and he complained of constant pain in the head, or, as he expressed it, his "head felt as if he was obliged to carry a heavy weight upon it." He also had considerable uneasiness about his loins—his stomach was dyspeptic, bowels generally constipated, tongue whitish, though not furred. His spirits he described as being very low,—he manifestly was suffering from despondency. In short, this case was one well marked of disorder from nocturnal emissions. He represented himself as laboring under some difficulty in urinating, and it was for this that he had come to town for my assistance. I introduced the bougie, and found a stricture situated about an inch in front of the prostate gland, which, after considerable difficulty, I at length succeeded in passing with a very small instrument. Knowing he had come from the country, I was curious to discover what had caused this condition of the urethra. I inquired if he had ever had gonorrhœa. He replied, No, never, and what was more, had never in his life had any sexual intercourse with a wo-

man. I at once concluded that it must then be the consequence of self-pollution, and after no little fencing with him, finally obtained a full confession that from boyhood he had surrendered himself to this degrading habit. He said that he had abandoned the secret habit for a long time, but notwithstanding, the emissions still continued as often as five or six times a week.

I continued to introduce the bougie twice or three times a week, gradually dilating the urethra to its natural size. I regulated his bowels and stomach, gave mucilaginous drinks during the use of the bougie, and gave No. 19. On the first of October he could urinate as well as ever, the emissions had stopped, and he was rapidly gaining flesh. He left for home in good spirits, presenting me with a handsome fee and a thousand thanks.

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#### CASE XXIII.

BOSTON, January 10, 1845.

DR. BOSTWICK,

*Dear Sir :—Oh ! with what interest, and at the same time hopeless despondency, I have read for months past your monthly reports. I say with interest, because I have need of your services. Oh ! Sir, I am in a terrible condition. I am on the point of giving up all hope*

of recovery, and dying the most miserable of all deaths by my own hands. I cannot live long. What shall I do ? I have been troubled with emissions for over four years. I am sad, lonely, and hopeless. I have so far continued to attend to my business, 'tis true, but oh ! that I could adequately describe to you my feelings. You would pity me. My emissions take place as often as three times a week, and for the sake of humanity, if nothing else, will you do something for me ? In addition to the emissions, I am troubled, in urinating, with a burning sensation in the urethra ; and on going to stool, I observe a dribbling of semen. My appetite is tolerably good except when it is destroyed by sadness. I am troubled with pain over the eyes, in the back part of my head, in my joints, and a weakness in my limbs. You cannot conceive the misery and deplorable state of my mind and body. Perhaps I should say that the emissions sometimes occur with an erection, and sometimes without ; sometimes during lascivious dreams, and sometimes I have no recollection of any dream.

I have seen many days and weeks that I did not wish to live. The emissions affect me more and more. I feel prostrated and greatly debilitated, and have almost a constant and deep-seated pain in that space between the anus and scrotum, and shooting through to the loins.

I have been paying attention to a lady that I love, and what am I to do ? Would it not be insulting for me to propose marriage in my present condition ? Would she not feel imposed upon ? Oh ! sir, if I could but banish these feelings, and once more be restored to health, what is there that I would not give ?

I ought to have consulted some respectable medical man long before, instead of spending so much money in purchasing quack nostrums ; but the fact is, I was so ashamed of myself, that I never could make up my mind to do it. This habit produces most singular results, in spite of one's self. It makes a man a great coward—afraid even of his own shadow. It makes him feel that he is the meanest of all God's creatures, and as though he never again wanted to look his fellow-man in the face. It makes him shun society, and lose all confidence in mankind. What can be more horrible ? Would to God I had never been born !

The preceding letter shows, like hundreds of others I have received at various times, the intense mental distress which severe disease of the organs of generation, brought on by onanism, too frequently induces. The gloom and despondency, advancing gradually to complete despair, and indifference to life, or rather a desire that death should end his sufferings, exhibits the progress of the intellectual disturbances, which, unfortunately in many instances, terminate in total mental alienation. Had this gentleman continued a little longer to take the useless—oftentimes worse than useless—nostrums that flood the country, and neglected to apply to the scientific surgeon for relief, from whom, alone, he could reasonably hope to obtain it, his

case would, beyond all doubt, have ended in insanity.

Several communications had passed between this gentleman and myself before I saw him, and each one pictured his symptoms as becoming more and more aggravated. On the third of February he came to the city, and placed himself under my care.

*Treatment.*—I examined the urethra, and had considerable difficulty in passing the bougie, but succeeded after he had taken one or two warm baths, and had several times used warm fomentations to the perinæum. Its final passage into the bladder gave excruciating pains, shooting through to the loins, and the spasmodic contraction of the sphincter and accelerator urinæ muscles held the instrument almost as firmly as though it had been in a vice. There was no stricture, properly speaking. I opened the bowels at once with Oleum Ricini, introduced the bougie once a week for several weeks, kept the testicles supported, used mustard hip baths as warm as they could be borne, besides steaming the perinæum with bruised poppy heads and hops, and hot poultices made of bags of bran.

I kept him upon a light diet, consisting of fruit, mush and milk, bread and milk, rice, vegetables, &c.

Tonics and astringents are highly improper in these cases, so long as there is any inflammation remaining in the urethra; but a careful and judicious application of the bougie can do infinite service, while a monstrous deal of harm will be done with it in the hands of a bungler.

During this treatment, I gave him every night, on going to bed, a solution of antimony, just enough to produce slight nausea, and told him to push up the anus, on the end of his finger, the following suppository :

R: Ext. Belladonnæ, gr. ij.  
Pulv. Opii, gr. j.  
Pulv. Camphor, gr. v.  
Ext. Gentianæ, q. s. to make mass.

On the first of March he had improved very much. On the 10th, I cauterized the prostatic portion of the urethra, and ordered him to drink freely mucilaginous fluids, made of flax-seed, gum-arabic, or slippery-elm bark, in connexion with uva ursi and buchu tea, and take one of the following pills three times a day :

R: Acet. Plumbi, gr. x.  
Camphor, gr. v.  
Sulphatis Ferri, 3j.  
Ext. Gentianæ, q. s. to make mass, and divide in three grain pills.

On the first of April his emissions had nearly

stopped, and I directed him to commence cold bathing, and use the cold sitz and douche alternately every day, and apply pounded ice once or twice a week to the back of the head and neck, and to the perinæum. Having discontinued the above pills, I gave the following, which I consider to be one of the most powerful and best tonics for these cases :

R. Sulphatis Ferri, gr. x.  
Sulphatis Cupri, gr. iiiss.  
Sulphatis Quiniæ, gr. v.  
Ext. Quassiae, q. s. to make mass.

Divide in two grain pills. One to be taken morning and evening, after eating.

My former directions as to diet, &c., were continued. On the first of June I allowed him to take half a glass of London porter at dinner, and on the first of July he left for home, perfectly well. My instructions to him were, that he should continue the cold bathing more or less, and take light, but more nutritious food, sleep on a hair mattress, and I advised him to marry during the winter.

Some time in the month of December following, I received the following letter :

*My dear Doctor:*—The tears were big in my eyes before I finished the word “Doctor.” How shall I thank you for the happiness which you have confer-

red upon me ? If I had the wealth of the Indies, I would cheerfully give it all to you, and then I should feel a debt of gratitude which I never could pay. My heart swells with joy when I compare my present state with the miserable condition that I was in when I first applied to you for relief. Then I could not sleep, and I had terrible dreams, and dark forebodings as to the future. Then I was wretched, debilitated, languid, and alone, and all my future prospects seemed to be forever blighted.

But how changed is the scene ! My dear sir, you will scarcely believe me when I tell you that I not only got the wife of my choice, but "coming events cast their shadows before" them. I am in a fair way of soon becoming a father, the mere idea of which so raises my hopes and increases my happiness, that I almost fear lest some accident may happen to frustrate the realization of my delightful anticipations. A wife and the first baby ! But I shall ever pray that God will bless you, and if you are the means of conferring as many blessings upon others as you have in this instance conferred on me, I think there are but very few who would not be willing to exchange their chances for heaven with yours. When I visit New York again my first thoughts will lead me to see my best friend.

May God ever bless you !

And believe me truly yours,

P. P.

## CASE XXIV.

BOSTON, September 8th, 1842.

**DR. BOSTWICK,**

*Dear Sir :—I have taken the liberty of writing you in relation to an affliction of which I suppose I am but one out of many victims. I learned when at school the wicked and ruinous practice of masturbation, or, as some understand it, onanism. It has weakened, debilitated, and almost destroyed my body. My memory has nearly left me, and during the last six or eight years I have been in the most depressed, deplorable, and wretched condition, from the effects of frequent night emissions.*

If you have ever seen an old house deserted by its occupant, and left to the fury of the elements, with its roof nearly blown off, with holes here and there, its boards rotten, broken, and falling in pieces, its windows demolished and doors unhung, its rafters and decayed timbers beginning to fall, its upright beams giving way to every breeze, and looking as though a very little force would throw its weakened and tottering remains to the ground,—if you have ever seen such a picture as this, you have seen the miserable object of your petitioner.

I have exhausted the wholesale and retail drug stores, besides all the quack remedies, and now I wish to know whether it is possible for any remedy, or means, to reach my case. At times I feel a great desire to destroy myself; the old devil himself seems to be urging me to commit suicide, and unless some-

thing can be done for me, I am lost. I implore you, my dear friend, as a dying man, to come to my relief. Money, in this instance, is of no consequence. 'Tis true, I have not a large fortune, but what I have got, I will give as freely, to the last cent, as I would give water to a thirsty man, to obtain relief from such terrible feelings, which pen or imagination cannot adequately describe or conceive.

Here is another of the many such cases, strikingly described by the patient himself.

This person did not give all his symptoms; he has described his general feelings only. In answer to his letter, I stated, that unless his constitution had been too much injured, he could be cured, but that I could not give a satisfactory answer without having a personal interview.

On the first of October, 1842, he came to town and placed himself under my treatment, and I learned from him all the particulars of his precocious case. He said that he was just entering upon his twentieth year, and the first thing that attracted his attention to such matters was seeing his father toying with his mother's bosom. About this time he was five years of age, and he slept with a stout, red-haired servant-girl, and imitated his father by pulling at the breasts of this girl. This she liked very much, and being herself of a warm temperament, was in the habit of feeling him, and great-

ly abusing her situation, by encouraging his vicious propensities, for the gratification of her own impure inclinations. This kind of intercourse continued between them during the time she remained in the family, which was nearly three years. About this time it was that he learned at school from a larger boy the habit of onanism. He was unable to say whether, during the time he slept with the girl, he had emissions or not, being a novice in such things at that age.

To use his own language,

"I do know, however, that when I commenced the degrading habit of self-pollution, I experienced agreeable sensations, and discharged a whitish-looking matter. I never had any connexion with any other person, but continued to practise this habit very often until I was seventeen years of age ; and what has always astonished me is, that I did not sooner discover the injury that it was doing to my constitution ; at last when I found it out, I was so ashamed of myself, and felt myself so much degraded, that I could not make up my mind to consult a physician ; and judging from my own feelings, I am sure there are thousands of young men at this moment suffering in consequence of this false modesty. Instead, therefore, of applying, the moment that I discovered my error, to some accomplished surgeon, I ran after the newspapers, and greedily devoured all the trash that I could find advertised ; and I know that I am worse off than I should have been if I had never touched a drop of their stuff."

He was right about this, for how perfectly absurd it is for any one to expect benefit from remedies, whether they be obtained from the quack, the common nostrum monger, or even the educated physician, unless the cause producing the evil be accurately known! The ignorance of the first two of course render it impossible to obtain relief from such persons under any circumstances; and it is therefore from the latter alone, after he has had an opportunity of studying the pathological condition of the patient by an investigation of all the symptoms, whose aid he can invoke, with anything like a feeling of confidence, that a restoration to health can be effected by medical treatment. But, unfortunately, he takes it for granted, when he sees the papers teeming with long stories about cordials, and specifics, and strengthening medicines, for seminal weakness, debility, loss of appetite, &c., that they must be the remedies suited to his case. He knows, it is true, that in the majority of cases the troubles have been brought about by onanism; but he does not know that, in many of this kind of cases, medicine of any description is of no use whatever, and should they be of a stimulating nature, they will very greatly aggravate the disease.

Now as to the particular symptoms and treatment of this case. When this young man enter-

ed my office, it was not necessary for him to tell me a long story, for the history of his case was written upon his face so plainly, that he that runs might read. The dark spots under the eyes, the pale, sallow, and down-cast look, and hesitation to speak, or answer questions, and evident loss of memory, too plainly told the nature of his troubles. His appetite was poor, his bowels were costive, he was bent forward, the abdominal muscles, and particularly the recti, were very much contracted, and rigid. He not only had emissions frequently, but there was a constant leakage of semen, and very imperfect erections. He had varicocele on the left side ; his testicles were very small, though not soft. He said they had become smaller, and he was afraid he should lose them entirely. There was a constant dizziness in the head, a very unpleasant creeping sensation all along the spine, and a rolling motion in the lower part of that column. He found it impossible to get any refreshing sleep. When he arose in the morning, he felt as much fatigued as when he retired. His penis was small and hard :—in all cases, where onanism has been practised for any length of time, this organ feels like a whip-cord.

The whole length of the urethra was indurated and contracted, a condition produced by the long and continued friction of the hand. I intro-

duced into the bladder a small-sized bougie, and in consequence of his having grown so thin in flesh, I could trace the urethra along upon the instrument quite up to the prostate; and just anterior to this gland, I could feel through the perineum, upon each side of the urethra, two lumps, quite as large as a hickory-nut, and from their location, I judged them to be the result of disease and inflammation of the ejaculatory ducts. The discovery of these swellings very readily marked out the proper course of treatment.

In answer to the question which he put to me in his letter as to "whether it was possible for any remedy, or means, to reach his case," I now replied yes, there were means which could restore him, at *least*, to a much better state of health, and there was a probability of his entire recovery.

*Treatment.*—I opened his bowels with castor oil, and afterwards kept them in good condition with,

R. Pulv. Rhei, 3ij.

Aloes, 3iss.

Pulv. Myrrhæ, 3j.

Ol. Menthæ pip., m. x.

Syrupi Aurantii, q. s.

Fiat massa. Divide into sixty pills, one or two of which he took at bed-time, when necessary.

I put him upon my usual diet in such cases,

and ordered a blister to be applied to the perineum on going to bed at night, to take it off in the morning, remove the floating cuticle, and put on a large flax-seed poultice, as warm as he could bear it—take it off at the end of an hour, and to dress the blister with Basilicon ointment three times a day. This relieved the uneasy sensations which annoyed him about the prostatic region. At the end of fifteen days I repeated the blister; and in the mean time I continued to pass the bougie, and ordered him to rub in freely along the course of the urethra bear's oil and lard, and throw up the rectum three times a week an injection of flax-seed tea, quite warm. All of my directions he faithfully executed. After the blistered surface dried up, I inserted a seton into the perinæum.

I now turned my attention to the spine, and in the first place applied a mustard plaster over the whole length of it, allowing it to remain on about fifteen minutes, and repeated it, without permitting it to vesicate. I then applied a fly blister, from the first cervical down to the lower portion of the sacrum, about three inches and a half wide; this was kept on the usual time, and removed together with the cuticle. Over the raw surface I applied a poultice of bran, made thick, so as to retain heat; in about two hours this was taken off, and the blister dressed

with Basilicon ointment. A very large quantity of serum was discharged. I kept it open as long as I could with the ointment. This treatment had the effect to arrest those creeping and rolling sensations which he described.

Every time I saw him, he said he felt better. The swellings which I have spoken of became much smaller, and when I removed the seton, had quite disappeared. By the use of the bougie, I soon dilated the urethra to its natural size. He could now feel refreshed by sleep, his food tasted more natural, the night emissions were very much diminished in frequency, and after I had succeeded in reducing the chronic inflammation which involved the parts, I placed him upon tonics and cold bathing, cautioning him to avoid every description of alcoholic stimulant. He took

R. Ferri Iodidi, 3j.

Aqua destill., 3j.

[See prescription No. 36.]

After using this tonic for about two weeks, I discontinued it, and ordered the following medicine :

R. Pulv. Colombæ, 3ij.

Pulv. Gentianæ, 3j.

Pour on this three pints of boiling water, and allow it to simmer before the fire for three hours, strain, and

add tincture of orange peel  $\frac{3}{j}.$ , and simple syrup  $\frac{3}{iiij}.$   
Take a table-spoonful three times a day.

Under the use of the last prescription he improved rapidly, and he continued to take it for some time, together with a more generous diet.

This gentleman was under my care until the first of March,—five months in all. During the treatment, I gave the different preparations of iron. When he left for home, he neither looked nor felt like the same man. It is true, he was not so erect, nor was he in that state of health, both of body and mind, that he would have enjoyed had he never been addicted to the habits which reduced him so much. But comparatively speaking, he had good health, and could sleep well. Before he left, I gave him,

- B Ext. Quassiae,  $\frac{3}{ij}.$
- Ext. Catechu,  $\frac{3}{iv}.$
- Pulv. Cinchonae,  $\frac{3}{j}.$
- Sulph. Cupri, gr.  $\mathbf{x}.$

Misce. Divide in three grain pills. Of these he took one three times a day.

Some time after he wrote me that he had become a father, and turned farmer, and was in the possession of better health than he had ever expected to enjoy when he first came under my care, expressing many thanks, &c., &c.

## CHAPTER V.

## SECOND STAGE.

*Cases illustrative of the Second Stage of Seminal Disease, in which other Organs than those of Generation are involved, producing more or less Constitutional Disturbance, but which is remediable.*

## CASE I.

J. R., aged twenty, naturally of a good constitution, in childhood had abandoned himself to masturbation, and with so much frenzy did he pursue the habit, that, although he soon became fully aware of its injurious tendency, he had continued it up to the time at which I saw him first, which was in March, 1844.

When I was consulted I received the following history of his case:

“ At ten years of age I began to practise onanism, and very speedily the habit obtained over my mind and body the complete mastery. I neither attempted nor desired to abandon it for several years, although I was conscious that it was greatly impairing my health. At thirteen I was sent to a boarding-school, and at first got on respectably with my studies; but even at this time I suffered from pain in my back and head, and had a very capricious appetite. These symptoms were

attributed by my friends to anything but the right cause. At length I began to lose ground with my class, and I could no longer maintain my position among the boys of my age. My memory was nearly destroyed, and I felt myself to be incapable of comprehending any longer the most simple processes of reasoning. My mind seemed perfectly bewildered with its own ideas. My general health grew worse and worse. At night I slept badly. In the day I was very restless, morose, or else ridiculously vivacious. In this way I spent two years, when it seemed to be quite evident to all who knew me that my longer residence at school was absolutely useless. I had lost all ambition to maintain a standing among the other boys, and was alike indifferent to praise or censure. I was removed and taken home, and the most eminent medical advice was sought, in the hope of restoring me once more to a healthy existence. Change of scene and air was recommended, and my father took me on a journey to Montreal, and up through Lake Ontario to Buffalo. In this manner we spent several weeks, and the excitement of travelling, the change of scenes, and the positions in which I was placed that made it impossible that I could indulge in my degrading practice, had a most salutary effect. When I reached my home, I had become quite stout, and my bodily sufferings had greatly abated. My friends now began to feel encouraged that I would be well again. They knew not the cause of my miserable existence—they were not aware of the ardor with which I returned to my pollutions. At sixteen I began to have seminal losses at night after lascivious dreams. My whole existence had now become one of

horrors. I was overwhelmed with the dread of the occurrence of some fearful calamity. The most trifling circumstances alarmed me. I assisted my father in his business, but so inefficient, or inattentive, or indifferent had I grown, that I was never relied upon in anything of moment, and I always had some person to superintend what I did. The uneasiness in my head increased—I was subject to sudden rushes of blood to the brain—threatening me, as I thought, with apoplexy. Terrible palpitations of the heart disturbed me. At times my pulse beat with great rapidity, and at other times it seemed as if it was about to cease. I now was seriously alarmed for my life. I determined on making an effort to relinquish the fatal practice, for I was quite well aware of the cause of all my misery. My good resolutions, however, were very transient. I attempted it over and over again, but my power over myself was insufficient to accomplish the purpose.

The seminal emissions had by this time become excessive at night—my life was nearly exhausted. Two years ago I had for the first time an attack of epilepsy. Since that time I have had several others, and I find them growing more frequent, and of longer duration. I have them as often as once or twice a month. I am scarcely able to walk—I feel as if my legs were about to be palsied."

Such was the story which I extracted from this young gentleman, and it is impossible to find a more deplorable instance of the folly or madness with which the subjects of onanism pursue this deadly indulgence.

*Treatment.*—In attempting a cure of this case, the difficulties to be met are great; for the patient is afflicted with one of the most intractable diseases of the brain, and it claims a prominent place while we are weighing the symptoms and sympathetic affections, with a view of deciding upon therapeutical measures.

The first thing to be done is to impress the patient with the absolute necessity of abstaining from the practice which has reduced him to his melancholy state. The abstinence must be total, immediate, unconditional.

There was, of course, no persuasive argument required to obtain a complete assent to this injunction. His own sense warned him of its propriety. The only thing to be apprehended was a weakness of moral power.

I introduced a bougie into the urethra, and found it exquisitely sensitive in the vicinity of the bladder. Blood and pus followed the withdrawal of the instrument, and admonished me that I had here a severe disease to combat. Twenty leeches were immediately ordered to the perineum, and the bleeding was encouraged by warm fomentations. A blister was then directed to the same spot. His bowels were well opened with a brisk dose of castor oil, and I attempted to improve his digestive organs with small doses of aloes, rhubarb, and soda. Thus:

R. Pulv. Aloes, 3j.  
 Pulv. Rhei, 3ij.  
 Bicarb. Soda, 3ss.  
 Pulv. Zingiber, 3j.  
 Syrup., q. s.

Fiat massa. Divide in twenty pills; one of which he took morning and evening.

When the blister had begun to heal, I ordered warm fomentations to the same region. By pursuing this plan for a short time, I had succeeded in removing the inflammation of the urinary passage. I now applied the cautery to the prostate and the mouths of the ejaculatory ducts, and with the best effects. The irritation of the mucous membrane was allayed; the seminal emissions became much less frequent, and there was a visible improvement in his appearance and manner. He had, however, at this time another fit of epilepsy. I now gave him the sulphate of copper, which he continued taking for three weeks, when the remedy was changed to the following:

R. Rad. Colombæ cont.,  
 Rad. Gentianæ cont., aa. 3ij.  
 Aquæ, Oiss.  
 Boil down to half a pint, strain, and add,  
 Tinct. Cardamom., 3ss.  
 Syrup. Simplicis, 3ij.

A mixture was made, and a table-spoonful was taken three times a day.

At the same time that he began with this medicine, I applied, for the epileptic disease, galvanic electricity for half an hour daily, and this I continued with but few interruptions. He took also, at the same time, small doses of Fowler's Solution of Arseniate of Potassa for some weeks. His general health mended rapidly. His spirits became buoyant, almost boisterous; his intellect brightened, and the nocturnal emissions had nearly ceased.

To shorten the history of my treatment, I may say that he had one other fit after a longer interval than usual, and that was the last he had. He completely recovered from the seminal disease, and now appears to be as healthy as most other men.

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#### CASE II.

A. F., aged thirty, placed himself under my care March 5th, 1845, for what he termed a nervous complaint. He stated that he had contracted gonorrhœa three months previous to this date, while he was in Liverpool; that he had taken large quantities of balsam copaiva and cubebs on his return passage, besides using strong,

smarting injections. After being seven days at sea, he first began to experience intense pain in urinating, which extended through to the loins and abdomen above the pubis. So soon as these symptoms manifested themselves, his appetite failed him, and his bowels became very much constipated. These symptoms now were much aggravated, extending to and involving the kidneys and liver; and upon first seeing the patient, without knowing anything of the history of the case, his disease would immediately be pronounced to be jaundice. The white of the eyes and skin were quite yellow; the tongue was thickly covered with a dark yellow incrustation. The pulse was full and rapid; creeping chills alternating with flushes of heat, and slight febrile exacerbations, with night sweats, were the most conspicuous, and, I might say, alarming symptoms which presented themselves. He had nocturnal pollutions, and high-colored urine, tinged with blood. The discharge per urethra had been stopped: the extension of inflammation to the bladder, vesiculæ seminales, and the affection of the liver, were no doubt the result of the over-doses of cubeb and balsam copaiva, which the patient indiscreetly took in his great anxiety to get well before arriving amongst his friends.

**Treatment.**—Icterus and inflammation of the

kidneys being so manifest to the most superficial observer, my attention was at first wholly directed to this condition. I ordered the patient into a warm bath, took from the arm a moderate quantity of blood, and gave him, after in the first instance opening his bowels well with castor oil, small doses of calomel, rhubarb, and potass. This, together with counter-irritation, leeches, warm fomentations, and a restricted diet, restored the functions of the liver, and subdued the disease in the kidneys. The patient considered himself pretty well, and only needed, as he thought, the advantage of fresh air and generous diet. He proposed going into the country, and I assented.

At the end of two months he returned to the city, actually worse in general health than when I had last seen him. He had gained a little in flesh, but was suffering from general derangement of all the organs of the body. Restless by day and by night, sleeping badly, yet always drowsy, a constant dull pain in the head, and frequent dimness of vision, pains wandering about the body, flatulency, and impaired digestion. I suspected immediately that I had now involuntary seminal emissions to deal with. His answer to my inquiry proved the soundness of my conjectures. The losses, both nocturnally and diurnally, were very frequent, and the bou-

gie detected great tenderness and irritability about the prostatic portion of the urethra. I treated this by steaming the parts, applying leeches, and adopting the general antiphlogistic treatment which in such cases I commonly resort to. Having allayed the inflammation and greatly diminished the frequency of the seminal losses, I cauterized the seat of the irritation with burnt alum, and prescribed tonics to give tone to the system. This course rapidly perfected the cure, and at the end of two months from the time of his return, I discharged him, in all respects apparently quite sound.

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### CASE III.

T. W. J., aged thirty, long the subject of solitary indulgence, applied to me December 12th, 1844, for his involuntary seminal discharges and for a teasing diarrhoea, for which he could never obtain more than transient benefit. This diarrhoea had existed about eighteen months, and evidently was owing to a chronic inflammation of the descending and transverse colon and the rectum. In addition to the long train of distressing symptoms which accompany the vice of onanism when long practised, the misery of the disease of the intestines seemed to have nearly

extinguished every hope of recovery ; and when I first saw him, he was literally but little more than "skin and bone." He was himself disposed to attribute the bowel complaint to his degrading habit, but how they were connected he could not, of course, conjecture.

His practice he had abandoned for twelve months, but there had not been any abatement of his diseases. He had tried the efficacy of many quack remedies, and had consulted a medical man of considerable standing in this city, but without obtaining the slightest advantage from either, except for a day or two at a time.

I was satisfied that the diarrhoea had been brought on by the inflammation of the genital apparatus, and that the only way to relieve it was, in the first instance, to remove the *cause* of all his trouble. Accordingly, I applied myself to the case with this object in view, and after persisting in such measures as I always employ for seminal emissions for a considerable length of time, the urethral inflammation and irritation was allayed, the symptoms from seminal losses were greatly mitigated, and the discharges themselves but seldom occurred.

While I was pursuing these measures, I adopted those for the relief of the bowels which were in part temporizing, and in part intended to produce a radical cure. Leeching, counter-irrita-

tion, and poulticing were successively had recourse to over the abdomen, with tonic and powerfully astringent remedies administered internally. At the end of six months the gentleman was quite cured of both the original and sympathetic affections, and is now, two years after, in as good health as ever he enjoyed.

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#### CASE IV.

#### *Singular Case of Monomania produced by Seminal Losses.*

R. R., aged twenty-four, consulted me in the month of May, 1843, and gave the following history of his imaginary sufferings. He said that two years previous to this date, he contracted syphilis from a privy in Rochester. Upon this point he was positive, declaring that he never had touched a female unlawfully in his life; he never had any sore of any kind upon the penis, nor any discharge from the urethra except semen and urine. He applied to a quack in Albany, who agreed with him about having the pox—charged him a good round fee, and discharged him cured, after a thorough salivation.

He was still laboring under an idea that the poison of syphilis had never been eradicated from his system, and that it was destroying

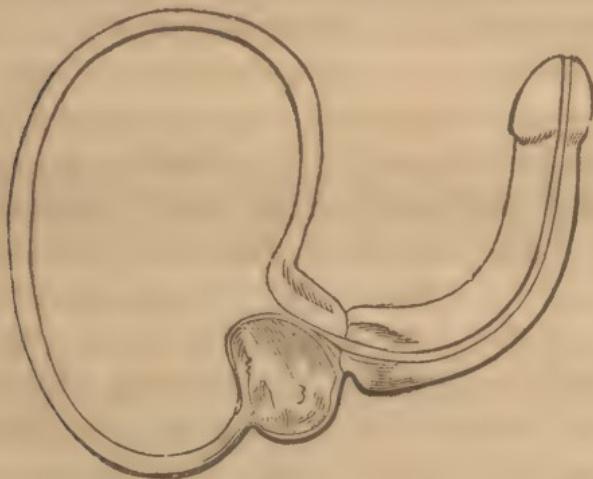
very rapidly his nose. I gave the case a very careful examination, but could not discover the smallest signs of ulceration, nor anything about him that gave indications of any such complaint, and so informed him. I moreover told him that he had never had the venereal disease, and that the quack doctor only told him so for the purpose of getting a fee. But all this did not convince him to the contrary. He was satisfied that his nose was sinking away, and insisted upon undergoing a course of treatment to arrest it. Finding that such were his convictions, I consented to place him under treatment, and accordingly gave him sarsaparilla and bread pills. He called to see me every two weeks for nearly two years, and upon each visit his nose was still going. I tried many devices to convince him of his error, but in vain. When I first saw him he appeared to be in such good health that I never suspected the practice of onanism had anything to do with this monomaniacal delusion. But recollecting that he said he never had had any discharge or running from the penis but semen, I questioned him closely, when he very reluctantly confessed that he had practised self-abuse for a long time, and that he was troubled with losses of semen in dreams by night, and unconsciously by day. I asked him if these losses did not

debilitate and unfit him for business. He answered that by hard, out-of-door work, going upon the river, &c., he was enabled to deceive the doctors, and attend the most of the time to his ordinary occupation. My mind, said he, very emphatically, has been disturbed for several years very much, and you are the only one who ever suspected the cause of it. I now placed him under the appropriate treatment for seminal emissions, and succeeded, after nine months' treatment, in arresting them, and improving his health so far that he ventured to marry. This he did without my knowledge. A few months after he called, and appeared to be in the greatest distress of mind. He sat down almost exhausted. I asked him what was the matter. He answered that his wife had conceived, and he felt sure that his baby would be born *without a nose*. I tried again to laugh him out of such a ridiculous belief, but I could not bring a smile upon his face. He left me quite disconsolate, and I did not see him again until the birth of his child, when he called to tell me that so far I had been right; his child having truly a nose, but that he was convinced that, as it was with himself, its nose would very soon disappear. He called upon me on the 3d of August, 1847, and his nose was still wasting away. There is no question that

this diseased imagination was the consequence of the habit of masturbation, which he had long practised ;—on all other subjects he was quite rational.

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*Enlarged Prostate with Nocturnal Emissions.*



Inflammation, however produced in the urethra, is the common exciting cause of prostatic disease, and it no doubt more frequently arises from the inflammation constituting gonorrhœa than from any other. I am persuaded that it oftener arises from the unbridled passions of men than is generally supposed. I have seen four individuals who were afflicted with enlargement of this gland, and each one assured me that he had never contracted any disease, and could not attribute it to anything but an

excessive indulgence in self-abuse and venery.

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#### CASE V.

Mr. H. R., aged forty-three, who was the subject of the cut on the preceding page, placed himself under my treatment on the 5th of April, 1845. He stated that he had practised masturbation from the age of twelve years until the age of twenty-eight, and that he never had felt the slightest sexual desires, but, on the contrary, had experienced, rather, an emotion amounting to disgust whenever such ideas arose in his mind. At the age of eighteen or nineteen, his health began seriously to fail;—and he then for the first time had his attention directed to the genital organs, in consequence of experiencing a smarting and more than usual uneasiness in making water. From the period here spoken of, he dated all his troubles in that quarter. The pain in the perinæum extended to the loins, and the difficulty in urinating and defecating gradually increased in severity, until he was obliged to use a catheter to relieve the bladder, and take laxatives to produce evacuation from the bowels. He had been obliged to use the catheter for over six years, and he said that no man ever lived and suffered as much as he had in the same space of time.

At the age of twenty-eight he abandoned the habit of onanism, not, however, without exerting the greatest effort. But seeing, as he said, death staring him in the face, he resolutely discontinued the practice. From the age of eighteen to twenty-eight, he was a great sufferer—not so much from the enlargement of the prostate, as from the symptoms resulting from onanism; but his chief sufferings he experienced between the age of twenty-eight and thirty-five, when he first came under my care. He was morose and ill-tempered, felt a desire to seclude himself from the world and his friends; had a very indifferent appetite, and bowels always very irregular and constipated; rested very badly at night, and was troubled with nocturnal emissions; felt no inclination to leave his bed in the morning, and could never abstract his thoughts from the cause of his own folly; and although he had abandoned the degrading and destructive habit of self-abuse, the seminal discharges still continued to torment him, and aggravated all his indescribable sufferings.

*Treatment.*—The emissions in this gentleman's case were no doubt chiefly kept up by the irritation of the prostate gland affecting the bladder, rectum, anus, and urethra, rendering the urine acrid, and extending its mischief to the vesiculae seminales, &c. So far as the enlarged gland

was concerned, I looked upon it as incurable, and so informed the patient, at the same time telling him that I might possibly so reduce and allay the irritation of the parts as to arrest, at least in a measure, the nocturnal discharges ; and if I could succeed in producing a suppuration of the gland, it would very much prolong his days, and ameliorate his sufferings. This, then, I attempted to do in the following manner, which proved successful. My first object was, however, to relieve the inflammation, and thereby stop the losses of semen, but I had very little hope of bringing the gland to a state of suppuration. I ordered, accordingly, thirty-five leeches to be applied to the perinæum and inside of the thighs, and the bleeding to be encouraged by sitting over hot steam and using warm applications. I kept the bowels open with oil and injections, and threw up the rectum daily warm flax-seed tea, besides keeping poultices as hot as they could be borne to the perinæum constantly. I kept him upon almost a starving diet, and mucilaginous drinks in connexion with uva ursi and buchu tea. This course was persevered in for eight weeks. At the end of these the emissions seldom occurred, and he felt much more comfortable about the genital organs. At this time I examined the tumor per anum, and discovered a spot in diameter

about the size of my thumb nail, which indicated a disposition to suppurate. There was no decided fluctuation, but it was softer than the surrounding parts. I now felt much encouraged, and continued more assiduously than ever the local applications. At the end of eight weeks there was a decided fluctuation on the posterior part of the tumor, which projected backwards into the rectum. Being now fully satisfied that matter had formed there, without any farther delay I passed a curved bistoury up the anus upon my finger and opened the abscess, and to my surprise, it discharged nearly four tablespoonfuls of a dark, gray-looking pus, and it is needless to say that it gave him instant relief. I did not discontinue the warm applications here, but used them for some time after. The discharge from the gland persisted for some days, but not in a very great quantity. The relief which he derived from this unexpected circumstance was, to employ his own words, "a joy and pleasure that he never expected, and much less deserved." I now allowed him a more liberal diet—gave him tonics, and he is at this day enjoying tolerably good health. The seminal losses have entirely ceased, and about every five or six weeks the abscess in the gland discharges itself anew by the opening I made through the rectum.

By the same plan of treatment I have caused suppuration to take place in two other cases of enlarged prostate glands, but they broke of themselves into the urethra, which of course gave great relief to the gentlemen who were the subjects of them; and, like the case above, they would continue to fill and discharge every few weeks.

In all such cases, every possible effort should be made to bring about suppuration, and when it can be effected, it will prolong life and relieve sufferings; but when it cannot be accomplished, death sooner or later will take place in consequence. It is true that some men will live to be very old, and apparently die of other diseases; but I am disposed to believe that the great majority of such patients die from a continued growth of the tumor, until it prevents defecation and arrests the passage of urine from the bladder.

The prostate gland is very liable to enlargement, and in the most of instances it takes place in the advanced periods of life; but it frequently becomes diseased and increased in size earlier than authors have generally supposed. I have seen several cases at the age of twenty, twenty-five, thirty, forty, and forty-five.

I am satisfied that very many cases of enlargement of this gland are susceptible of being cured by proper treatment, and especially in the commencement of the disease.

As this work is devoted almost entirely to the subject of seminal discharges, it would be out of place here to devote much time or space to one of the most interesting cases in our profession—*the enlargement of the prostate gland.* I shall therefore only glance at the best mode of treatment.

In the earlier stages of the disease, we can entertain the strongest hopes of producing resolution and cure. In accomplishing this, we have a powerful agent in iodine and its preparations, in connexion with electricity.

By the use of suppositories composed of Iodide of Potassium, gr. ijss.; Extract of Belladonna, gr. ij.; and Extract of Hyoscyamus, grs. iv. (one of which is to be introduced up the rectum every twenty-four hours); by using iodine internally, and iodine ointment carried up to the prostatic portion of the urethra by the *porte caustique*; and by employing, in addition, warm enemata, we may, in many cases, confidently expect a cure. In aged persons, in whom the gland has become indurated, our only hope is in producing suppuration.

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#### CASE VI.

*Emissions caused by Fissures of the Anus.*

Wm. B., aged twenty-three years, of a robust

and healthy constitution, consulted me, and said that he was troubled with nightly emissions, which prostrated him very much. He stated that he had been in the habit of abusing himself three or four years previous to this consultation, but that he had left it off long since, and until within the last five months his nocturnal emissions did not occur more than once in three or four weeks ; but what seemed unaccountable to him, the emissions had returned, while his habits were as correct as those of any man living. He was very costive, and had a great burning, and sharp, shooting, and throbbing pains about the anus every time he went to stool, with a continued and dull pain in the rectum. I told him that his emissions were no doubt caused by some difficulty about the anus, and upon examining him, I discovered on the anterior wall of the rectum a fissure about one inch in length, reaching down to the inner border of the external sphincter ani. The base of this ulcer was red, its edges were indurated, and it discharged a purulent and bloody matter. I have had two other cases very similar to this.

*Treatment.*—I ordered him to take a dose of castor oil with thirty drops of laudanum, and confine himself to the recumbent position, and to let his diet consist of the lightest and most digestible kind of food, and to avoid taking ca-

thartics, and particularly salts, because fluid discharges from the bowels only irritate, and produce spasmodic contractions of the sphincter ani. It is far better, in such cases, to keep the bowels open with injections made of flax-seed tea, with the addition of an ounce and a half of castor oil to each, and after their operation to wash the bowel with warm water. This kind of ulcer will frequently heal by the application of ointment composed of the sugar of lead, lard, and opium. Touching its base two or three times with the nitrate of silver will also cure it. In this instance I made use of the following ointment:

R. Plumbi Acet., 3j.

Ext. Belladonnæ, 9j.

Adipis, 3v.

Fiat unguent. A small piece of linen lint should be smeared over and placed into the fissure. This must be repeated every day, after cleansing the parts thoroughly with warm soap-suds.

This ulcer healed on the fifth day, and he has not been troubled with any emissions since.

One case resisted all the means I could devise, and I was obliged to divide both of the sphincter ani muscles freely, which I did with a blunt-pointed bistoury. After the bleeding ceased, I placed a dossil of lint into the

wound, secured it by a T bandage, and administered a full dose of morphine. On the third day after the operation, I removed the compress, lint, and bandage, washed the bowel out with warm water, and applied fresh dressings. This course I pursued daily, gradually diminishing the size of the lint until the wound healed, which occurred at the end of eighteen days, and completely stopped the emissions.

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#### CASE VII.

##### *Emissions caused by Ascarides in the Rectum.*

Sometimes ascarides will produce nocturnal emissions. I have seen several cases. J. C consulted me, and said he was troubled with emissions several times a week, and he knew that they usually proceeded from the habit of onanism ; but with him such could not be the case, because he never had practised that habit. Upon asking many questions, I ascertained that he was troubled with ascarides.

*Treatment.*—I first ordered an injection of a decoction of quassia, half a pint, in which was dissolved half an ounce of aloes. This was repeated morning and evening. The second day I ordered an injection of the spirit of turpentine and milk, a table-spoonful of the former to half a pint of the latter. Directly after this I gave

three or four powerful purgatives composed of gamboge, aloes, and salts, which completely rid him of these little tormentors, and restored him to health.

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#### CASE VIII.

#### *Seminal Emissions caused by Ulcers on the Anterior Wall of the Rectum.*

B. B., aged thirty-two years, consulted me July 15th, 1846, and stated that he was troubled with emissions, but not so much as to seriously injure his health. They were not caused by any improper abuse of his person. He was costive, and complained of pain and much suffering at every stool, and he had observed blood upon the fæces. I examined the rectum with a speculum, and discovered ten or fifteen small ulcers situated upon its anterior wall. These were of course a source of irritation to the neck of the bladder, prostate gland, vesiculæ seminales, and the ejaculatory ducts, and to this I attributed the emissions.

*Treatment.*—I put him upon a light and digestible diet, opened the bowels with a dose of castor oil, touched the ulcers with the nitrate of silver, and used several injections up the rectum composed of flax-seed tea and laudanum. On the 29th of the same month the ulcers were healed, and his emission had stopped.

## CASE IX.

*Emissions caused by Itching of the Anus.*

This is a marked case of emissions being caused by itching and irritation of the anus. Mr. G. D., aged fifty years, a married gentleman from the South, called upon me, as he said, to relate his case, which he thought was most singular.

He said that he had heard of young men being troubled with nocturnal emissions, but he never supposed that married men of his age and habits were ever afflicted in that way ; but, however strange I might think of it, he rested very badly, and was troubled the greater part of every night with strong erections and frequent emissions ; his erections amounting almost to priapism. He said he was tormented with a most intolerable itching about the fundament, which was always aggravated after getting warm in bed. He declared that I could not conceive of his distress and sufferings, and he would give all the world, and more besides, if he possessed it, to get cured ; that life under such circumstances was worse than death, and he would prefer death rather than live under such torture.

I at once told him that his emissions arose, no doubt, from the itching about the anus, and that

so soon as it could be cured, they would cease. I examined the parts, and found the inside of the thighs, the back part of the scrotum, the whole inside of the buttocks, the sacral region, the parts about and involving the anus itself, covered with a vesicular eruption, with irritating secretions, which produced excoriations and inflammation of the common integument.

On seeing this, I was not at all surprised at his preferring death to life, for a more aggravated case I believe could scarcely exist.

I have seen several cases of itching of the anus, but this was the only one I know of that produced nocturnal emissions. From the constant scratching and frictions to relieve the irritation, the skin about the anus will frequently become indurated and thickened, forming cracks or furrows, which somewhat resemble radii, converging in the anus, and numbering from four to six, and sometimes ten, from a quarter of an inch to an inch in length.

If great cleanliness is not observed in these cases, the cracks will become deep, and ulceration follow.

This was a gentleman of fortune, and of a leuco-phlegmatic appearance. He labored under a general debility, was somewhat dyspeptic, and his bowels were constipated.

To these causes I attributed the disease.

*Treatment.*—In the treatment of this tormenting, and sometimes obstinate affection, we must of course be greatly governed by the cause which has produced it. Here a general derangement of the system was undoubtedly the cause, and I therefore proceeded to regulate the bowels and improve the health. In the first place, I ordered

R. Hydrarg. Chlorid. Mit., gr. vj.

Pulv. Rhei, 3j.

Fiat pulv.

After its operation, I placed him under an alternative course of Plummer's Pill and Sarsaparilla. So soon as the gums were slightly touched, I discontinued the pill, and gave

R. Tinct. Gentianæ Comp.,

Tinct. Colombæ,

Tinct. Quassiae, aa. 3ij.

Sodæ Bicarb., 3j.

F. Mistura. A table-spoonful was ordered to be taken three times a day, before meals.

During this treatment, he took several warm hip baths; his health improved very much, and the inflammation and itching became considerably less. As soon as I commenced using local applications, he very rapidly recovered. I employed the yellow wash, acetate of lead, alum-water, cit. ointment, &c., but the nitrate of sil-

ver acted like a charm. I used it in solution, twelve grains to the ounce, and applied it with a small hair brush. He was under treatment five weeks, and it is quite unnecessary to say that his emissions have never troubled him since.

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#### CASE X.

##### *Emissions caused by Ascarides in the Rectum.*

B. H. applied to me, as I find by my case-book, on the 3d of June, 1846, complaining of the usual symptoms attendant upon immoderate seminal discharges. From his own account, it was manifest that he was suffering from severe irritation of the procreative apparatus; and of this he himself was well aware, although he was unable to account for the manner in which this condition could have been produced.

I proceeded to interrogate him, and discovered that his sensual passions had been very strong, and that he had had recourse to solitary manœuvring to allay his desires. This he had done for several years, without conjecturing that any evil could result from the habit.

When he came to me, his appearance was truly deplorable. His face was without color, his body emaciated considerably, eyes sunken, and beneath them a dark line; his gait was tot-

tering, his breathing hurried upon the slightest exertion of the physical powers. His air was greatly embarrassed, his mind seemed feeble, and desponding. He complained of a constant pain in the head, in the back, and frequent occasional pains wandering in the legs, and in various parts of the body. His sleep at night was unrefreshing. He was conscious of repeated emissions in his sleep, and in the morning he arose with a feeling of debility and exhaustion, even greater than he had experienced at the time of retiring. Although his erections had become deficient in energy, yet his waste of the spermatic fluid was increasing. Upon examination, at my request, he found that every time he had a stool his loss was very great. There proved to be, indeed, a constant slight oozing from the urethra, which was chiefly made up of semen, mingled with mucus.

So great was his constitutional disorder, that he had very little hope of receiving relief. He had already spent years in pursuit of health, sometimes in the hands of medical men, at others trying the virtues of advertised nostrums. As he had every imaginable symptom—every organ in the body being much deranged—he at one time believed himself suffering from one disease, at another time he fancied he had an other. In this way, he had tried the whole cat-

alogue of quack medicines ; but he got no essential benefit.

Before he commenced the practice of onanism, he declared that he was worried with a constant and almost maddening excitement of the genital organs. He even then often had nocturnal emissions, and he had abandoned himself to this means of gratifying his lascivious wants, only when they had become inordinate.

I began to suspect that the rectum was the place to look for the cause of all his trouble and distress. On inquiry, he told me that he had experienced much irritation in this quarter for many years, and that he had many times observed in his fecal discharges a large number of small worms. The case now became plain. It was one of those dreadful instances in which persons are tormented out of the world by the constant teasing of the most insignificant things.

*Treatment.*—Of course the first thing to be done was to free him from the parasites. This I did by repeatedly using liberal injections into the rectum of a solution of aloes. Immense quantities were brought away by this means.

In the inner portion of the urethra there was considerable tenderness, and irritation. This I removed by appropriate treatment, in many respects the same as has been already described in previous cases. I gave him tonics to improve

his general health, and advised the use of the cold bath. With these remedies and a well-regulated diet he mended rapidly. One symptom after another vanished—the involuntary seminal losses ceased—his powers of virility increased—his look became highly animated—the sun began to shine again upon an existence which had been darkened with clouds—hope kindled where long had brooded the frightful image of despair, and at the end of three months from the time when he came into my office, I was able to assure him that I considered his cure complete.

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#### CASE XI.

##### *Seminal Emissions caused by Ulcers of the Rectum.*

I was consulted on the 19th of July, 1845, by B. F. for seminal emissions, and all the thousand ills which attend such losses. He had suffered for two years, and although naturally of good constitution, the miseries he had endured, both morally and physically, had made him really an object of pity. On turning my attention to the primary seat of his sufferings, it seemed to me that there was good reason for conceiving that there must be some irritation of the rectum; and upon an inspection with the aid of the speculum, I detected four small ul-

cers situated half an inch above the verge of the anus.

The treatment consisted in occasional doses of castor oil, and the application of nitrate of silver immediately to the sores. The healing process soon commenced, and proceeded kindly, and in a short time the ulcers were quite well. The seminal losses gradually disappeared, not, however, without requiring some surgical treatment. His general health improved, and on the first of August I dismissed him, completely restored.

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#### CASE XII.

##### *Emissions caused by Fistula in Ano.*

Rev. O. C., aged forty-three, consulted me January 16, 1845. He possessed a stout and healthy constitution, had been married twelve years, never had been addicted while in youth to the habit of onanism to any extent, but had always enjoyed tolerably good health until this time. He said his visit to me was on a subject of a delicate and mysterious nature, and he felt it his duty to consult a surgeon without any farther delay, as his health was beginning to suffer. He had exhausting seminal discharges almost every night, had unpleasant dreams, and rested badly. He suffered in defecating, and observed

a yellow matter upon his shirt, which he was satisfied came from the anus. He had lost all desire to cohabit, was troubled with a drowsiness and headache, had palpitation of the heart, and had lost his appetite. His bowels were costive, and he dreaded to go to stool.

I answered to this, that his trouble, in all probability, arose from the rectum, or anus; and if he would submit to an examination, I should be likely to detect it. He at once lay down upon my speculum chair, and I discovered a fistula opening about a quarter of an inch anterior to the verge of the anus. I examined it with a probe, and found that it extended up three inches, and entered the rectum. The examination, though conducted with as much care as possible, gave him the most excruciating pain. This at once satisfied me, as well as my patient, that his nocturnal pollutions, and all the concomitant symptoms, resulted from the inflammation and irritation, which had extended to and involved the genital organs.

*Treatment.*—I informed O. C. that an operation for the fistula in ano was the quickest and the best thing that could be done to cure him. This he dreaded particularly, because the parts were so sore; but, notwithstanding, he consented to have it done whenever I thought proper. I accordingly opened his bowels with a dose of

oil, and requested him to take several warm hip baths, and apply several carrot poultices to the fistula. These directions were immediately complied with, and I visited him on the afternoon of the 17th, and found yet too much soreness and inflammation to justify an operation, and therefore had twenty-five leeches applied to the perinæum, and the bleeding kept up by sitting over a bucket of hot water and poppy heads, which were to be followed by fomentations, if necessary. On the 19th, in the company of a friend, I performed the operation, which gave him less pain than he expected it would. There was considerable hemorrhage, but it was suppressed without much difficulty, by pledgets of lint saturated in a solution of sulphate of copper. I ordered him to retain a recumbent position, and to keep the bowels open with injections. I washed out the rectum every day with warm soap-suds, and dressed the wound from the bottom. Everything went on well. On the 19th he had refreshing sleep, without any emission, and on the 4th of February he had entirely recovered from the nocturnal pollutions. I gave, with a view to invigorate his general health, some of the best mineral and vegetable tonics. The last time I saw him, which was five months after, in his pulpit, he was preaching one of his best ser-

mons, and appeared to be in the full enjoyment of health.

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#### CASE XIII.

##### *Seminal Emissions caused by Hemorrhoids.*

M. R. D., aged twenty-nine, consulted me February 12th, 1846, and stated that he was troubled with nocturnal emissions once or twice a week, and, as he was a married man, he thought it very strange, and he was wholly unable to account for them. It was impossible that they could result from previous bad habits, for he had never indulged in masturbation.

I ascertained that he was troubled with piles, and a terrible irritation about the anus. Upon an examination, I was at once satisfied that his emissions were caused by three large indurated and inflamed tumors projecting from the anus. I so communicated my opinion to the patient, and advised their removal. He at once assented.

After preparing the system for the operation, on the 18th I applied the ligatures for their removal. On the 23d the ligatures came away, and I directed warm mucilaginous enemata.

warm baths, and carrot poultices to be used to the parts.

The emissions now stopped, and on the 14th of March he was quite well.

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#### CASE XIV.

##### *Emissions caused by Hemorrhoids.*

Mr. P. C., aged sixty-two, a gentleman of great wealth, and occupying a distinguished position in society, consulted me on the 2d of May, 1847, for nocturnal emissions, with which he had been troubled for three or four years previously. His general health was very good, and for a person of his age, he was remarkably vigorous and active. He stated that there was no cause to account for the trouble of which he complained, unless, indeed, the piles, with which he had suffered much for many years, could be considered sufficient to explain it. I replied that his conjecture was beyond doubt correct, for hemorrhoidal tumors were quite enough, in many instances, to produce such consequences.

He exposed himself to me for examination, and upon making a forcing effort as if at stool,

he extruded a large, livid, and hardened mass, fully the size of a hen's egg. I felt quite satisfied that it was this which was sympathetically irritating the genital organs. When I suggested its removal, he hesitated, because he feared that an operation upon one of his age might be attended with dangerous effects. I had no difficulty in satisfying him in this respect, and he consented to have it removed.

After having put his constitution in as good condition as possible, on the 8th day of the month I proceeded to the extirpation, which I accomplished without difficulty by means of the scalpel. The bleeding which followed was inconsiderable, and was easily checked by a large pledget of lint, and a T bandage.

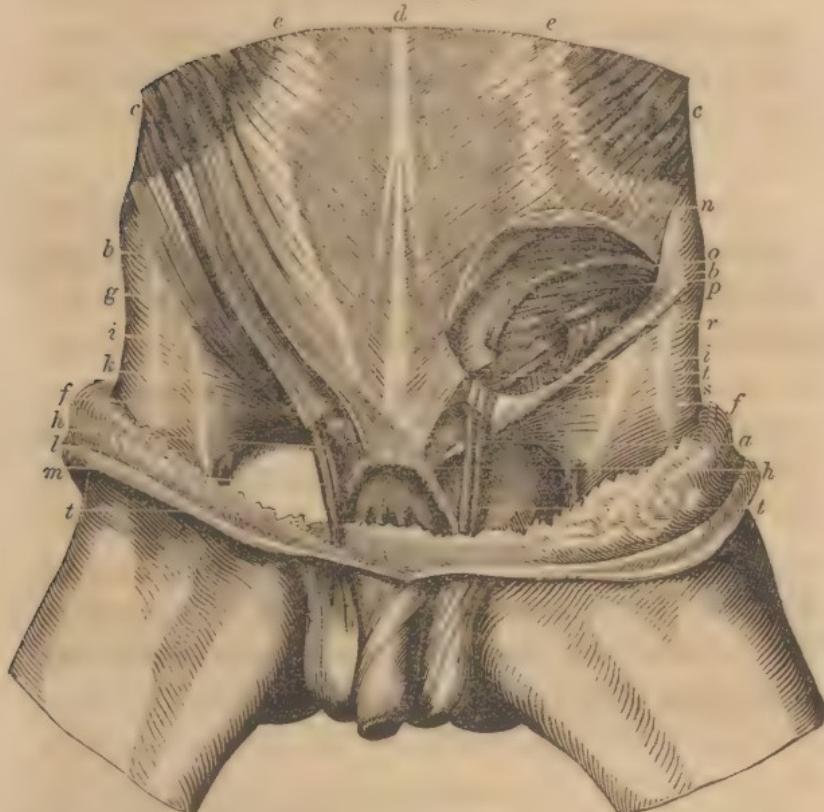
The slight inflammation succeeding the use of the knife was subdued by warm fomentations and poultices, and at the end of ten or twelve days he was quite well, both of the trouble in the rectum, and of his seminal discharges.

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In submitting to my readers the foregoing cases (illustrating the infatuating and suicidal practice of onanism), which I have selected from a large number of the same kind in my case-books, I trust I have given enough to demon-

strate beyond a doubt the practicability of curing all the varied phases of this disease which are presented in its first and second stages.

PLATE A.



*a*, Symphysis pubis; *b b*, anterior and superior spinous process of the ilium; *c c*, external oblique muscle; *d*, linea alba; *e e*, linea semilunares; *f f*, abdominal rings; *g*, origin of some tendinous fibres; *i i*, Poupart's ligaments; *k*, fascia lata of the thigh; *l*, saphenous major vein of the leg; *m*, fascia which arises from Poupart's ligament and joins the fascia lata; *n*, tendon of the external oblique muscle; *o*, internal oblique muscle; *p*, transversalis muscle; *r*, internal inguinal ring; *s*, epigastric artery and vein; *t t*, spermatic cord, formed by the spermatic artery and veins, the lymphatics of the testicle, the nerves, and the vas deferens, or the duct conveying the semen from the testicle to the urethra, which it enters, through the prostate gland, near the neck of the bladder.

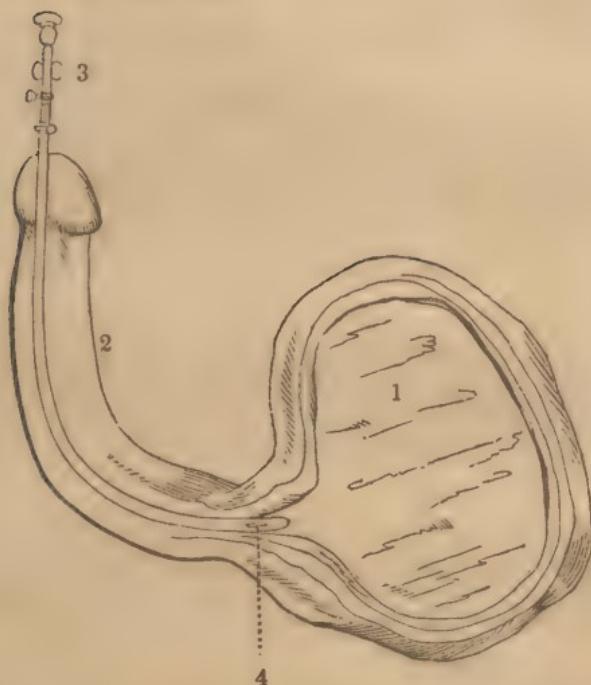
*Mode of using Cauterizing Instrument, as seen in  
Plate VI.*

The instrument is to be introduced by an experienced surgeon, or physician, into the bladder. If there is no danger of the patient's fainting, I prefer to pass it while he is standing before me. The moment the opening in the end of the instrument enters the bladder, it will be known by the escape of urine. It must now be withdrawn, just sufficiently far to stop any farther issuing of the water, which will place the slit directly over the mouth of the ejaculatory ducts. The rod holding the caustic must be at once drawn forward, so that the opening in its cup will come exactly opposite the opening in the catheter, which will bring the cauterizing instrument directly in contact with the ducts and prostatic portion of the urethra. Some surgeons prefer using the dry powdered nitrate of silver, while others use it in the solid state.

I am governed entirely by the condition of the parts as to what material I use.

I sometimes use the dry powder alone, but most frequently mixed with simple cerate or gum-arabic. At others I use burnt alum, and sometimes sulphate of copper adulterated.

PLATE VI.—FIG. 6.



*Showing the Urethra and Bladder with the Porte Caustique introduced, as in the act of cauterizing the Mouths of the Ejaculatory Ducts.*

1. The Bladder.
2. The Penis
3. The Porte Caustique.
4. The Caustic applied to the Ejaculatory Ducts.

## CHAPTER VI.

## THIRD STAGE.

*Cases illustrative of the Third Stage, in which the Disease of the First and Second Stages has become aggravated to such a degree that it is irremediable.*

## CASE I.

*Death from Onanism.*

Miss R., aged seventeen, the daughter of a highly respectable merchant of this city, was the subject of this case. The unfortunate victim of her own passions was so interesting, and the circumstances of the case were so affecting, that I can hardly bring myself to look upon it from a merely medical point of view.

I was sent for by the father to visit his daughter on the morning of the 10th of May, 1846. When I arrived at his residence I was struck by the air of comfort, wealth, and quiet good taste which manifested itself throughout the premises. On entering the house, I was immediately invited into the chamber of the invalid, who lay propped up in bed, with a calm smile of resig-

nation upon her countenance, though she knew that death, who had been stealthily but surely approaching her for years, was soon about to claim her as his own. For nearly twenty minutes after I had entered the room, all was as silent as the grave itself; at length the family gradually left the apartment, and I remained alone with my patient.

She was not so much exhausted as to prevent her conversing, though her voice was so feeble as scarcely to be heard. I of course asked her many questions concerning her symptoms, the progress of her complaint, &c., &c. She said that, from the questions I asked her, she thought I must know what had brought her into so deplorable a condition; and that this relieved her mind of half its burden, for she felt that she could not bear to die without imparting to some one the dreadful secret of that which had destroyed her, mind and body, and which would doubtless soon carry her to her grave. She had kept all knowledge of the cause of her disease from her family, for shame, more dreadful even than death, had forbade her to tell what she knew was the real truth of the matter. She hurriedly said, "I am evidently in a rapid consumption, which was brought on by the habit of onanism, that I contracted when very young. Though in after years I became aware of the nature of the crime

I was committing, and of its fatal consequences, I had not strength of mind to refrain from it, and so continued the practice until it has reduced me to my present condition. And now, having told you all, I feel so relieved that I am willing to die praying to God for his forgiveness. When I am gone it is my wish that you should communicate this horrid secret to my mother, from whom I have concealed it so long. Tell her to watch over my sisters with unceasing care, so that she may discover and correct in them, ere it is too late, what she never seemed to observe in me ; and thus save her children from so untimely and fearful an end as mine. This, doctor, is my last request."

This interview, and the confidence reposed in me, seemed to relieve her mind to such a degree as not only to palliate the symptoms of her disease, but even to restore for a short time her natural vivacity of spirits ; and the little powder which I administered to her before I left, received all the credit of this unexpected and flattering change—too flattering, for her case was hopeless.

On my next visit I felt it my duty to make known to the father my opinion of his daughter's case, which was, that so far as it was possible to judge, she could live but a few days. I was not deceived, for she died on the 16th of May,

1846, of a wasting consumption. Here we have a striking instance of the fearful consequences of onanism. But it is but one out of thousands of deaths caused by this vile habit—deaths occurring among the female sex as well as the male. Does it need more than the sight of this young, beautiful, and accomplished girl, born to all the blessings of wealth and high position in society, cut down on the verge of womanhood, just as she was about entering on that life for which her fond parents had so carefully trained her, and from which they had hoped so much happiness both for her and themselves,—destroyed, too, by her own hand, by a sort of protracted suicide,—does it need more than the sight of one such case to sufficiently and solemnly warn all parents against the consequences of this insidious habit? It is not to be dreaded and guarded against only when the child approaches puberty; the practice is often commenced long before. How frequently do we see little girls two or three years of age, who have already contracted the habit of irritating the parts with their fingers; and unless it is stopped, by the severest punishment if necessary, it will grow with their growth and strengthen with their strength, until both growth and strength are destroyed by it. Fathers and mothers, as you value the health, life, and peace of mind of your offspring, watch

over, guard, and restrain those natural passions implanted in us for good and noble ends, but which are so often and so wickedly, and, as this touching case has shown us, so fearfully perverted.

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## CASE II.

*Death from Onanism.*

NEW BRUNSWICK, N. J., July 3d, 1845.

DR. BOSTWICK,

Dear Sir:—From what I have heard of your success in the treatment of *impotency*, I am induced to give you a short history of my case, hoping that it is not yet *too late* to have something done for me. About nine years ago, I began to feel a weakness in my legs, and an inability to walk straight. There was a constant trembling of my knee-joints; I found a difficulty in stepping over any object, no matter (I was about to say) how small it might be. This weakness has gradually continued to increase, until there is a complete loss of my lower limbs.

There is also a great deficiency of strength in my arms; there is, finally, a complete prostration of the nervous and muscular system, and withal, I am troubled very much with constipation of the bowels. As the truth ought always to be told, especially to a physician, I must confess (and I do it with shame) that formerly I was much addicted to solitary indulgence,

which is no doubt the principal, if not the entire cause of my past and my present suffering, and, I must add, my complete *impotency*. There is a total loss of all power of the genital organs. My appetite is poor, my memory is very much impaired ; I forget words as soon as they are spoken. I have a pain all along the back bone, and a terrible and constant palpitation of the heart, which seems as though it would jump out of me at every beat. I have said that I hoped something could yet be done for me, and this arises from the fact, that as long as there is life, there is hope. I ought to have consulted proper medical authority long before, but shame and self-degradation have prevented me from doing it. I am now forty-five years of age, and I fear that I shall never recover. I ought to mention to you, that my testicles are almost gone ; they seem to have dried up ; there is scarcely anything to be felt of them.

I considered this to be a hopeless case, and consequently, I advised no *treatment* except laxatives ; about a year after I heard that he was dead. His last words were addressed to his mother, in which he told her the cause of all his suffering, which he thought would terminate in a few hours more. He urged her to use all her efforts to prevent his young brothers from indulging in this worst of all bad habits—that of self-pollution.

## CASE III.

*Consumption from Onanism.*

I was called on by A. M., aged twenty-two, on the 3d of September, 1844, for my professional assistance in seminal emissions. He was laboring under the disease in its worst aspect, and had been suffering from it for the last three years. He traced it all to onanism. The peculiarities of this case were its complications. His body was greatly reduced in flesh, and there was a general derangement of all the organs; but I soon discovered, in addition, that he was troubled with a short hacking cough, which at the time, was little observed by him, and gave him no alarm. My suspicions, however, were immediately awakened as to the nature of this pectoral affection, and the gravity of his case. His natural physical conformation pointed him out as a fit subject for tubercular disease, and he had about him many of the signs which indicated the accession of a fatal malady.

Percussion and auscultation confirmed my apprehension. I was satisfied that the lungs were already, in their upper portions, filled with a tuberculous deposit, and that he was now, in all probability, beyond the reach of remedies.

I felt it to be my duty to make him acquainted with his dangerous situation. He was astonished and terrified to find himself in so serious a position, and begged me to do all that I could to relieve him.

My first object was to arrest the seminal discharges, and in every possible way improve his general health. I succeeded readily enough in stopping the emissions, but no particular improvement could be effected in any other respect. All my endeavors to arrest the progress of consumption seemed to be quite unavailing. The disease was too well grounded in the system to be checked; and although, for a time, there was just enough amelioration of his sufferings, and increase of strength, to excite in him a sentiment of hope, its progress continued. The ravages of phthisis were gradual, but constant, and the month of March following saw him consigned to his last resting-place.

REMARKS.—Now there may arise a question in the minds of some persons, whether there was any connexion between the disease of which this patient perished, and involuntary seminal emissions. In my mind there is no doubt. I have seen several other cases of a like character, and I am satisfied they are of constant occurrence. He was constitutionally predisposed to

consumption, like thousands of others, and, like thousands of others, had he preserved the functions of the body in their integrity, and thus maintained healthy and vigorous actions in the system, he would have avoided the cause which excited the formation of the tuberculous matter in the lungs. But the powers of the body being broken down, and general weakness overcoming every organ essential to life, it was impossible that the morbid actions, to which there was already a natural tendency, should not become immediately developed.

The same remarks will apply to all other cases in which organic disease establishes itself by a sympathetic movement. This may take place in the liver, the heart, the lungs, the brain, the spinal marrow, the intestines, or the kidneys. Any one of these, or other less important organs, may become diseased, sometimes in function, and sometimes in both function and structure, merely from the mysterious sympathetic relations with the organs of generation. There is, indeed, a chain of mutual feelings, binding together every organ in the living body; and, although their affinities are not always manifest, they are none the less true. No organ can ever suffer severely for any great length of time, without other distant organs becoming

more or less involved. Pathological investigation demonstrates, conclusively, this fact.

It must not be inferred from these remarks that we should always expect to meet with organic disturbance in remote organs, whenever the genito-urinary organs are diseased. In many cases the natural tone of the organs may resist structural derangement for a long time, notwithstanding their sympathetic tendency; and a cure, therefore, in such cases, becomes comparatively easy; for when the common disturbing cause is removed, whatever secondary aberration of function may have been induced it very rapidly gives way to the movements of health.

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#### CASE IV.

##### *Insanity caused by Onanism.*

C. R., aged thirty-four, consulted me May 27th, 1847, and gave the following history of his situation: He said that he had been married seven years, without having any children, and this, he had no doubt, resulted from the habit of self-abuse, which he was much addicted to, long before marriage. He had frequent noc-

turnal emissions, accompanied by horrible dreams, and he said his seed was nothing but water, and the fecundating principle of it was entirely lost. He could have connexion with his wife without much difficulty, but without, however, experiencing the slightest pleasurable sensation—on the contrary, it had become disgusting to him.

Two years previous to this date, this patient was under my care for seminal emissions, which I then stopped, and I saw nothing of him until this consultation. He was in great distress of mind, and said he thought he should become crazy—for every few days a very singular and disagreeable sensation would attack him in the back part of the neck and head, which extended up to the top of the crown. He felt as though there was a ton weight resting upon it. There was, he said, a perfect chaos of mind and intellect; he could not recollect anything for a moment; and he had a constant buzzing in the ears, and was so confused and bewildered that he did not know what he was about. He felt a disposition to start forward, with a desire which he could scarcely avoid, to inflict injury upon his wife, or any one in his presence. He thought everybody was gazing at him; and every unexpected noise, and particularly the scream of a woman, would be sure to give him

one of these attacks. When the fit, as he called it, went off, he was left almost paralyzed. His bowels were always constipated, and swollen with wind; the appetite was lost. He was a machinist by occupation, and he had an idea that there was a small bellows inside of him, which was sustained in motion by his breath, and this kept the coals constantly burning, and he thought his liver, lungs, heart, and all his insides would soon be consumed. He was sure that he could feel the bellows work, and would place my hand upon the abdomen to satisfy me that his conjectures were correct. I gave him some medicine to regulate the bowels, and advised his friends to send him to the insane asylum.

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CASE V.

*Insanity produced by Onanism.*

Mrs. C., from the State of New Jersey, brought her son to me in August, 1845, to procure advice. He was about nineteen years of age, and for the last two years had been to his friends an object of constant solicitude. Until he was seventeen, his spirits had been remarkably gay and cheerful, and from his hilarious disposition

he was the delight of his home, and a welcome visitant abroad among acquaintances. But at that age a change was perceived in him. He began to complain of various distressing symptoms—was never in health, and always suffered from a slight uneasiness in the head. Thus he went on. The medicines he took did him no kind of service. He began to have palpitations of the heart, ringing in the ears, a very capricious appetite, with pain and colic frequently in the stomach and bowels—great rumbling of air in the abdomen—pain in the back, and sometimes in the limbs—occasionally had faintings—was threatened, as he thought, with paralysis of the legs, as they often seemed almost to lose the power of motion and sensation. He described them as feeling as though “they were asleep.” He had at times flushes of the face—generally a coldness of the feet and hands, or else a burning heat in them.

Medical advice had been sought for him in the country, but all was in vain. Instead of any amelioration, except for a day or two at a time, the train of symptoms seemed to be lengthening, and many phenomena, particularly what related to the head, to be growing worse.

It now began to be apparent to all those around him that he was “queer in the head.” He entertained, frequently, the most extravagant

or ridiculous notions respecting himself. He lived in the constant dread of some indescribable disaster. His temper became very morose, he sought seclusion, and grew very angry whenever his solitude was interrupted. He often did foolish things; and, in fine, his whole conduct was now such that he could not be trusted to take care of himself.

I inquired if there was any hereditary tendency to insanity, and received a negative reply. He had sustained no injury of the brain, nor suffered from any sudden and intense moral impression. It was therefore necessary to look for the cause of his condition in a physical disturbance operating upon the nervous centre slowly, almost imperceptibly, but steadily. I suspected at once that everything was to be referred to the vice of masturbation, and, after much difficulty, I succeeded in extracting from him an acknowledgment that, since he was eleven years of age, he had abandoned himself to this destructive vice.

Here was an elucidation of the whole mystery,—another victim of the fatal habit which in this book I have so often had occasion to portray. His case I conceived already too far advanced to allow of treatment without the necessary restraints of an institution for the insane. He could not be controlled at home;

and to effect a cure, remedies were demanded as well for a disease of the mind as of the body.

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## CASE VI.

*Insanity produced by Onanism.*

Mr. F. B., an eminent gentleman from Connecticut, brought his son to me May 3d, 1843, seeking for advice. I will endeavor to relate, in as few words as possible, the history which he gave me of the case.

The patient was twenty-three years of age, and, until within the last three years, had possessed a fair share of health. His constitution never had been rugged, but he had, comparatively, been a stranger to sickness. Since the year 1840, a very manifest alteration in his condition had been observed. At first he complained of weakness rather than positive suffering; and from that period, he had seldom been out of the hands of the doctors, and had taken immense quantities of medicine. It was early evident, although at times he seemed slightly to improve, that there was some insidious disease, undermining, gradually, his system, and which, unless arrested, must eventually have a fatal

termination. Medical penetration was long baffled in seeking for the origin of the mischief. His temper became irascible ; he shrunk from the society of his friends,—he complained of pains in his head, his back, and frequently in his limbs ; his bowels were generally obstinately constipated ; his digestion was nearly destroyed, and he often was troubled with colic, and had all kinds of anomalous distresses.

More by accident than from a suspicion of the true cause of his malady, it was ascertained that he was practising self-abuse, and that he was subject to constant seminal losses. His friends were greatly concerned at this discovery. By this time his mind had become greatly disturbed, and he scarcely heeded what was said to him by those around him. He wandered about with his eyes on the ground, entertained strange fancies, and imagined that his best friends and protectors were his worst enemies, seeking to injure him. In short, his case was one verging closely upon confirmed insanity. While his intellect was thus growing more and more deranged, the infirmities of his body were also becoming, daily, more aggravated. Every hope, at length, failing in the country, he was brought to me, less from any expectation of relief, than from a sense of duty. Such was the substance of the history.

Now this patient presented so many grave and discouraging symptoms, that I could perceive no sufficient grounds for undertaking to treat him. I considered him beyond the reach of remedies, especially when he was free from restraint. He had nearly attained, already, the stage of fatuity ;—his whole system, morally and physically, was completely shipwrecked ; and, accordingly, I was obliged to advise that he should be placed in an asylum, where he could be treated for a “mind diseased,” as well as for a constitution in ruins.

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At the conclusion of these cases, in which the intellect is destroyed by the dreadful practice of onanism, I will just remark, that insanity springs from this cause far more frequently than the public, or even medical men, imagine. In the course of my experience within the last ten years, I have seen many such deplorable cases ; and I am sorry to be obliged to add, that there is no other cause of insanity producing cases so utterly hopeless. All treatment, medical and moral, appears generally to be without avail.

Why it is so I cannot tell, but I am inclined to believe that it may be because it is the consequence of a general deterioration of all the

powers of life—every organ of the body having succumbed to a pernicious habit, which is alike an infringement of a law of nature and a law divine.

PLATE E.



This plate delineates the human testis injected with mercury.

1 1 1, lobules formed by the seminiferous tubes; 2 2, the vasa efferentia; 3, the flexures of the efferent vessels passing to the head of the epididymis — marked 4 4; 5 5, the body of the epididymis; 6, appendix; 7, the cauda; 8 8, the vas deferens, or seminal duct.

## CHAPTER VII.

## MISCELLANEOUS CASES.

THE cases which have been introduced under this head are presented, not as belonging precisely to the general tenor of this work, but because they are kindred to the others, and illustrate disorder of the genito-urinary organs of a very distressing nature.

## CASE I.

*Impotency.*

NEW JERSEY, May 10, 1842.

DR. BOSTWICK,

Dear Sir :—I am anxious to have your opinion upon my case, the particulars of which I submit below. At an early age, about fifteen, I acquired the pernicious habit of masturbation, which I continued to practise until the age of twenty-five, at which time, by a vigorous effort of the mind, I discontinued the degrading habit. Six months afterwards I married, and I have now lived in wedlock for six years without seeing any prospect of becoming a father.

My wife has a most excellent constitution, and is, in every respect, a very healthy woman ; and hence I very nat-

urally attribute this result to my former indiscreet conduct, and cannot but consider it a just judgment upon me for my sins. My constitution does not appear to have sustained any great injury, excepting so far as it has affected my procreative powers ; and if I had not naturally possessed a strong organization, it would have killed me long before this, for I practised, daily, onanism for about ten years. How nature could withstand such gross abuse, is a mystery that I cannot solve. My mental faculties have not suffered that I know of, except, perhaps, in a slight loss of memory. In one particular, however, I perceive a deterioration in my physical powers,—the sexual pleasure is very much lessened in its intensity. I experience very little difficulty in my intercourse with my wife, but it affords me scarcely any gratification.

My testicles have either wasted away, or contracted in size ; the semen is very thin and watery, and it is difficult for me to have an emission, and the quantity discharged is very small.

My age is twenty-seven ; my wife's, twenty-eight. My general health is very good, although my temperament is phlegmatic. I require considerable out-of-door exercise. I am perfectly regular in my habits, which are virtuous and correct. My occupation is neither sedentary, nor very active—usually walking five miles or more every day. My wife has gained flesh since her marriage. Before marriage her courses were regular ; but since, they have sometimes been prolonged beyond the natural period.

I believe I have now given you all the necessary particulars of the case. I wish to know whether there

is anything in the art of your profession that can restore me to such a state of health as will, in all probability, enable me to become a father. I take it for granted that the fault lies at my own door. What do you think ?

I had no difficulty in forming a diagnosis in this case, and agreeing perfectly with my patient's last remark, that "the fault lies at his own door." Every circumstance in the case proves clearly, I think, that he had injured his sexual system so much as to render him, temporarily, incapable of fulfilling the chief object of the conjugal state. In the first place, he states that his wife is in the best of health, with the single exception that she has been for a short time irregular—her courses coming on too soon after the regular periods ; in all other respects she enjoys excellent health.

The husband, likewise, has tolerably good health, with a few exceptions. He thinks that his memory has been somewhat impaired, his physical strength diminished, his testicles become smaller, his procreative power injured—the semen has become very thin, and nearly all nuptial pleasure is extinguished.

It is, indeed, wonderful that the practice of onanism, so long continued, did not destroy him. I have, however, seen several instances of this kind ; but none but a giant constitution could

stand it. Nature had yielded to the violence which had been done to her. The great function, designed for the perpetuation of the species, if not destroyed, was at least much injured. It is a law of life that excessive use is followed by correspondent exhaustion. This is daily seen even in strong muscular efforts—in mental exertion. But in no organs is it more strikingly exemplified than in those of generation. In man this is not always easy to prove, because the facts constituting the proof rest with himself, and he is restrained by pride from disclosing them. We, however, can borrow from comparative physiology such evidence as will completely illustrate the position. The breeders of horses know well that their copulating animals become uncertain or impotent when excessive duties are required of them. The seminal secretion is either deficient, or has become watery and lost its fecundating quality. In such cases, rest will improve, though it will not fully recover the original vigor of the weakened faculty.

So it is with man: if he has not injured his constitution *too* much, he may be restored so far as to enable him to have offspring; but the children would not inherit as good a constitution as if begotten by a parent who had never abused his generative functions by pernicious practices. The time required to regain lost powers of this kind

will, of course, depend upon the injury sustained. Many damage themselves so much, that they never can recover their procreative faculty at all.

*Treatment.*—In the first place, I demanded that these parties should each have a bed and sleep separate for at least twelve months. In the mean time, I corrected the wife's catamenial discharge, and used every effort and all the known means to invigorate her constitution.

To him I gave the best mineral and vegetable tonics ; ordered him to shampoo the lower extremities, the pubis, inside the thighs, the buttocks, loins, &c., every day ; to continue to take out-of-door exercise, the cold bath, making use, at the same time, of rubefactions and internal stimulants. He strictly obeyed all my instructions. This plan was faithfully followed for many months, the general condition of the patient all the while manifestly improving. His final visit to New York was in April, when he looked the very picture of health and strength, and not long afterward he announced to me that his wife was in that condition in “which ladies like to be who love their lords.”

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#### CASE II.

*Nymphomania, or Furor Uterinus.*

Miss E. R., aged eighteen years, consulted

me January 20th, 1846, through a third person, respecting her case. A highly respectable middle-aged lady of this city was selected to make the communication. She gave the following account of the young lady's case :

" She had been afflicted for nearly a year with most intense venereal desires, though her sense of propriety and highly respectable position in society had restrained her from degrading herself by sexual indulgences, although her friends labored under great anxiety from the apprehension that her moral feelings might yield to the intensity of her passion. Until the present time, she could not be prevailed on to have the advice of a medical man. Although her objections to such a consultation are now removed, she requested me, in the first instance, to see you and broach the subject, and she has promised that afterwards she will herself see you."

Such was the old lady's account. The day after that interview, to my surprise, she accompanied the old lady to my office. She submitted to an examination with much less reluctance than I anticipated. After making a very careful exploration of the vagina and rectum, and not finding any cause sufficient to account for her complaint, I directed my attention to the urethra, and there found the seat of the irritation. On the lower wall of the urinary passage I discovered a fissure extending nearly into the blad-

der. The whole mucous membrane of this canal, as well as the vulva, was very much inflamed and excoriated. During my examination her agitation was so great that she could with difficulty lie upon the speculum chair.

I informed her that I had detected the cause of all her troubles, and that I thought I could easily cure her. The fissure I touched with the nitrate of silver, ordered her to take several warm hip baths, and wash the parts with a solution of sugar of lead and laudanum.

On the first of February I saw her again, and she said that she was nearly well. I made another examination, and found the fissure almost healed, but I reapplied the caustic. I requested her occasionally to take a Seidlitz powder, and at the end of a few days to see me again. On the 8th she called, and said that she was happy to inform me of her entire recovery.

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#### CASE III.

##### *Impotency produced by Catarrh of the Bladder.*

A. D., aged forty-three years, private night watchman, said that in the year 1844 he was suddenly attacked with a violent pain in his loins, with a terrible pain and ringing in the ears, and

that something, all at once, gave way in the urethra, which was followed by a great discharge of thick yellow and slimy matter. Since that occurrence, it has gathered and broken every four or five weeks. He is obliged to urinate from sixty to seventy times every twenty-four hours. Previous to its breaking, as he termed it, there was a scab about the size of a split pea which came away first, and large quantities of matter followed the last drops of urine; and in the course of a day and night he passed at least a quart of it, which, he said, was nearly as thick as soft soap. In connexion with this disease of the bladder, he was also troubled with the piles.

From the time he was first taken with the pain and discharge, he has been unable to have connexion with his wife more than once in several months, and then without having any pleasure, the erections being so very feeble. He has emissions without erections, and always loses semen on going to stool.

Before this attack he had always enjoyed good health, and has several children now living. He attributes all his trouble to getting his feet wet, and standing so much upon the cold pavements.

In this condition he suffered until I first saw him, which was on the 20th of January, 1846.

Here is a clear case of impotency and loss of

semen, caused by a catarrh of the bladder, in conjunction with the piles.

*Treatment.*—I examined the urethra very carefully, as well as the rectum, and found that the prostate gland was somewhat enlarged laterally, though not enough to interfere much with either defecation, or with making water.

I opened his bowels with oleum ricini, and gave the washed sulphur in small doses mixed with molasses, with a view to its favorable action upon the rectum—my first object being to cure the hemorrhoids. Afterwards I used warm mucilaginous enemata, to which were added the tincture of belladonna and tincture of iodine. This, together with cold bathing, the cold douche, and the following ointment, cured the piles, and removed the enlargement of the prostate gland :

- R Pulv. Gallæ, ʒj.  
Acet. Plumbi, ʒj.  
Pulv. Opii, grs. v.  
Ext. Belladonnæ, grs. v.  
Iodidi Potassii, grs. x.  
Adipis, q. s., ut fiat unguent.

A little of this was ordered to be rubbed well in about the verge of the anus, and carried up the rectum over two inches on the finger.\*

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\* The small white garden bean, dried and pulverized, and applied to bleeding and inflamed piles, is almost a specific.

Having accomplished thus much, I now turned my attention to the bladder. His diet I directed to consist chiefly of farinaceous food. The urinary discharge from the bladder I found, upon examination, to be alkaline. I ordered him to take several hot mustard hip baths, and apply thirty or forty leeches above the pubis, and sinapisms to the loins. Internally, I gave the muriated tincture of iron. This diminished the desire to urinate so often, and lessened, in a slight degree, the catarrh. But notwithstanding, he was obliged to urinate from twenty to thirty-five times a day. After this, I tried the balsam copaiva and cubebs, which had a good effect, but gave no permanent relief. This was succeeded by muriatic and sulphuric acids, but with no decided advantage. Afterwards I gave the uva ursi combined with buchu. All these things seemed only to palliate. At last I gave the following prescription :

R<sup>o</sup> Acidi Benzoici, ʒjss.  
Pulv. Gum. Acaciæ, ʒij.  
Aquæ font., ʒvijj.

F. Mistura. A tea-spoonful of this mixture he took three times a day, with two or three drops of Harlem oil added, and it acted upon him like a charm.

In a short time the discharge had entirely ceased, and the desire to make water was near-

ly natural. I afterwards treated him for impotency, from which he entirely recovered.\*

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#### CASE IV.

##### *Nymphomania, or Furor Uterinus.*

Mrs. R., a young widow aged twenty-one, short and stout built, thick and short neck, jet black hair and eyes, brunette complexion, sanguineous temperament, and naturally possessed of a lively disposition, lost her husband a few months after marriage. After considerable hesitation, she gave the following history of her case :

"Before my marriage, my imagination was wrought up to the highest point upon the subject of connubial enjoyments. The venereal appetite was first excited by novels, love stories, theatrical representations, gay parties, &c., even when I was not more than fourteen or fifteen years of age. So strong were my passions, that it was with the greatest difficulty that I could conduct myself in a decorous and lady-like manner in the presence of the other sex ; and if left alone in such society, my feelings became indescribable, so

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\* This case was omitted to be placed under the head of the Second Stage, where it properly belongs.

that, in spite of myself, my love for men became apparent. I could not even touch a gentleman's clothes without exciting the most tumultuous sensual emotions. After my marriage, this inordinate desire was in a great measure, but not entirely, subdued. I acknowledge, with shame, that I practised self-abuse both before and after marriage, but it was a propensity I could not possibly resist; and since his death, my passion has been more inflamed than ever, and I fear that, unless something can be done to relieve me, I shall go crazy. I have long thought of consulting a physician, but dreading so much to make a confession, I have delayed it until this time; and it is only with the greatest difficulty that I have prevailed upon myself at last to make this visit. Foreseeing inevitable destruction by longer neglect, I determined to make my case known, in the hope of being restored again to a natural state of health. If I cannot be relieved of this agonizing condition, I am certain that the struggle between my moral sense and lascivious longings must soon send me to the grave. To my mind, my case is a very extraordinary one; and I have frequently experienced a very strong wish to inquire and ascertain if other females are tormented in the same manner. I am sure my lascivious feelings cannot be natural—they must be the effect of disease."

I at once examined the vagina and uterus with the speculum. The neck of the womb I found congested;—the mouth inflamed;—the whole course of the vagina hard and excoriated;—the

external parts in a burning heat; the clitoris elongated, inflamed, and abraded; the labia tumified and dry; the nymphæ enlarged and red; the meatus urinarius very much inflamed, which caused a severe scalding when urinating. Such was her condition in the offending organs.

*Treatment.*—I first ordered this lady to take several doses of senna and salts; to take three hip baths a week, as hot as she could bear them, for three weeks, and live upon a very spare diet. I directed six leeches to the os uteri, and ordered her to apply several flax-seed poultices to the vulva, to throw up the vagina a decoction of poppy heads and hops, four or five times a day, and take one of the following pills, morning and evening, after eating:

R. Plumbi Acet., gr. vj.  
Pulv. Opii, gr. iv.  
Camphor pulv., gr. x.  
Ext. Gentianæ, q. s.

Fiat massa. Divide in three grain pills.

Having succeeded in this manner in reducing the inflammation and hyperemia of the external parts, I cauterized the urethra, and used the nitrate of silver, in the solid state and in solution, to the excoriated surface of the vagina and vulva. This kind of treatment, together with bags

of pounded ice applied to the genital region, completely cured her. This lady belonged to a highly respectable family of Boston, Massachusetts. She has since married again.

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## CASE V.

*Nymphomania, or Furor Uterinus, caused by Ascarides in the Vagina and Rectum.*

Miss D., aged twenty-five, of a tall, spare, and uncomely appearance, and of filthy habits, consulted me on the 2d of May, 1846, and gave the following history of her troubles : She said that for nearly one year previous to that date she had been tormented both night and day with a terrible itching about the private parts, and a great desire for the male sex, though she had never had any illicit intercourse. She had resorted to a variety of means for gratifying her erotic flame, but never could be satisfied.

I examined her with the speculum, and upon withdrawing the slide blade, there were several ascarides adhering to it. The rugæ of the vagina were literally filled with these entozoa. The rectum was also well tenanted with them. All her external parts were in what I should call a dry state of inflammation, with cracks and ex-

coriations upon them. On the inside of the right labium there was a large growth of warty vegetations ; and upon the inside of the right thigh there was an extended patch of vesicular eruption,—excreting a watery fluid,—which itched and troubled her very much. The urethra pouted out, and was indurated and inflamed ; the clitoris was very much elongated, but it was in a dry and hardened condition, with fissures running lengthwise over it. Both external labia were considerably enlarged. The os uteri appeared to be in a healthy condition.

*Treatment.*—In consequence of the pain produced in passing the speculum, from the soreness of the parts, I first had recourse to measures for allaying inflammation. To this end, I gave her three or four purges of calomel and jalap ; requested her to take two warm hip baths every day, and apply to the vulva a large slippery-elm poultice. All this softened and reduced the hardness and soreness. Afterwards I washed over the external organs with a solution of the nitrate of silver (fifteen grains to the ounce of water), and applied the same to the eruption on the thigh. On the 8th, the diseased surfaces had assumed a more natural appearance ; and so lessened were her sufferings, that I could introduce the instruments up the vagina without giving much pain.

I now requested her to inject into the vagina flax-seed tea and laudanum several times a day. On the 13th I made a swab, and with it and the speculum I removed nearly all the ascarides. What remained were brought away with the following injection, used three times a day :

R. Quassiæ,  
Absinth.,  
Flor. Anthemidis,  $\text{aa. } \frac{3}{4}\text{j.}$

Pour upon this three pints of boiling water, let it stand and infuse, strain and use.

This soon cleared the vagina of these little pests. I employed the same injection for the rectum, in connexion with the purgatives already spoken of, which had the desired effect in that quarter also.

During this treatment I placed her upon an alterative course, with blue pill and sarsaparilla. This, together with some of the best vegetable tonics, soon restored her to comfort and health.

I desired her to call on me in the course of a few weeks and allow me to examine her again, and on the first of July she came to my office and informed me that she had been quite well. I could not discover any parasites, and as all the itching had ceased, I considered her perfectly cured.

This is the only case of this kind which I remember to have seen or read of.

## CASE VI.

*A singular Request.*

On the 19th of July, 1845, C. D. called upon me, and in the most earnest manner desired me to remove his testicles. I looked at him not a little astonished, as may very well be supposed. When I desired to know his reason for this singular solicitation, he replied that they teased and annoyed him so constantly, both day and night, that he had no chance of a peaceful life until he was **castrated**.

I asked to see them, and when they were exposed, I was much more astonished at their enormous size, than I was at his anxiety to have them extirpated.

He said that he was in the most perfect state of health, but that he every night had seminal emissions in his dreams, which were always of women, and of a lewd character. His propensity he described as being almost irresistible. He could scarcely control himself, and there was no other subject than sexual delights that occupied his thoughts. He expressed a fear that these feelings, being so intense, would, some time or other, overcome all the barriers of morality, and that he might, in consequence, become involved in serious and disgraceful difficulties.

I assured him, at once, that I could be of no assistance to him so far as maiming was concerned ; that there was nothing the matter farther than that he had excessive health, and that nature had furnished him with organs of immoderate growth. I advised him to look out for a vigorous woman and take her to wife, and after that I was quite sure he would thank me that I had not yielded to his extraordinary wish.

He left the office, expressing his determination to take them out himself, if he could get nobody to do it for him. In a few days after he called again, and urged and importuned me more strongly than ever to operate for their removal.

I lost sight of him for nearly two years, but was always curious to know how it fared with him. Being on the Battery one afternoon, I saw him walking with a very stout, red-haired, hearty-looking woman, whom I immediately conjectured stood to him in the relation of a wife. I felt so strong a wish to know more of his late history, that I beckoned him towards me. He seated his companion, and recollecting me well, said, "Doctor, I am most happy to see you, and to thank you for your advice." Pointing to his friend, "There," said he, "is my wife. Is she not a pretty good specimen of womankind ? I considered well upon what you said to me,

and have now every reason to feel pleased with it. I have been perfectly contented since my marriage, and have a very pleasant home."

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#### CASE VII.

Somewhere about the same period, I had a similar application from another person. He gave much the same reasons for his request. There was this difference, however, between him and the person whose case I have related—he wanted me to remove *only one*. With the remaining testicle he fancied that he should be able to get along very well. Of course I declined having anything to do with him, but gave him the same kind of advice I had given to the other. What subsequently became of him I do not know.

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The following cases are introduced with the view of showing that sexual propensities are sometimes so strong in men as not only to torment them by a constant desire for their gratification, but also to urge them onward to the commission of crime contrary to their judgments and moral feelings.

## CASE VIII.

*Satyriasis.*

Some years ago a man was confined in the prison of Troy, in this State, for the perpetration of a rape. The offence was one of the gravest character, but it was one to which he did not hesitate in pleading guilty. His crime he acknowledged, but he declared that he had not moral power sufficient to hold in subjection his animal passions. He knew, when he had time for reflection, that he had committed a great wrong against both the law of the State and the law of God—that he had committed a foul and inexcusable wrong against the woman upon whom he had perpetrated the act of violence. He felt most keenly the degradation of his situation, and in the anguish of his mind he resolved to rid himself of those organs which had occasioned him so much misery.

With this intent, he took a knife and completely removed both scrotum and testicles. The operation may not have been accomplished according to the most approved methods of surgery, but it certainly was as effectual a mode of castration as ever has been devised. After the offending organs had been removed, he threw them out into the street—thus effectually

curing himself, at a stroke, of a natural instinct which had become an actual disease.

Such cases as this furnish the moralist with questions not a little embarrassing to decide. Had not this man's amatory passion grown into a morbid desire? Was he not clearly laboring under what might properly be considered a species of monomania? He had, evidently, what is commonly described as satyriasis. Like the furor uterinus in women, he had ceased to possess the power of controlling and regulating his propensity for sexual intercourse. His moral perceptions were not blunted, but they were overwhelmed in the wild tempest of his passion.

I would not for an instant become the apologist for crime—above all, would I not excuse offences of this nature. But it must not be forgotten by philanthropists, that there may be, and there are, certain conditions in which the virtuous inclinations of men are seen exaggerated into frightful passions,

“Which own no reason, and that know no goal.”

## CASE IX.

The case embraced in the following letter, which is from a talented clergyman, is presented mainly as an admonition to parents, and to virtuously-inclined youth—it shows how insidious is the approach of this enemy of the human species, and how destructive are its ravages.

PHILADELPHIA, Jan. 3, 1846.

*My dear Sir:*—Believing that the work which you have described to me as in course of preparation has been a great desideratum, I have no hesitation in contributing to it my personal experience, if it will be of any service to you.

I am not disposed to assume the character of an apologist of what is now as loathsome to me as it can possibly be to any one. I will merely say that my individual case has some palliations which others could never understand, but which, could they be understood, would almost take away the shame of an exposure. He who can look back to his boyhood and recollect *nothing* which in his riper years has appeared disgusting to him, has reason to be thankful that he has no power of appreciating my meaning. Still more thankful should he be whose natural disposition or circumstances in early life rendered him a stranger to the particular delusions and temptations into which the writer fell, when a weak-minded, passionate youth, ig-

norant of the physical consequences, almost of the moral wrong, involved in his crime. One friendly word of instruction—one judicious hint, might have saved him the years of bitter repentance which he has experienced.

There is probably nothing peculiar in the origin of my case. The depraved propensity assailed me when but a child. I soon overcame it, years before its more disastrous effects appeared in my constitution. During that period I was, indeed, occasionally alarmed by experiencing, at intervals of several weeks, *involuntarily*, in sleep, the unnatural effect which had been produced *voluntarily* when a boy. The alarm, however, was not of long continuance, as I was entirely ignorant of the nature of the complaint, and attributed many symptoms, due to it, to other causes. I was, moreover, indisposed to inform myself about a subject which I viewed with so much abhorrence, or to risk a disclosure to any one of a secret which I felt could not be explained or appreciated. I did not then know that the disorder, which so far had been only a source of occasional disgust and annoyance to me, had yet to reach a more perilous stage in its progress. When that crisis came, with all its attendant physical and intellectual effects, and aggravated as it was by some distressing circumstances in my personal history, I was for weeks in a condition of despair, and trembled on the verge of insanity. But that fearful consequence, of which I had a most vivid apprehension, God, I believe, was graciously pleased to spare me. I recovered, but with my whole constitution thoroughly debilitated and changed in its tone. I supposed that the

secret disorder, to which I was occasionally subject, was remediless, and commenced the study of the profession for which I had been destined, under the impression that the suicidal crime of my boyhood must be atoned for by the lingering death of a consumptive. This has been my habitual impression for several years, during which period I have struggled, against difficulties inconceivable, and with sufferings untold, to preserve at least a pure heart and a sound mind amidst the wreck of a decaying body. It has been the secret judgment visited upon me for the commission of secret sin—tardy, but sure, in following up its victim.

I have but a word to add with reference to the mental and moral symptoms of this disorder. Those who have had no practical acquaintance with it, are perhaps ready to imagine that its victims must have been surrounded by a peculiar array of debasing influences. This, with regard to the writer, was not the case. He never encountered temptation outwardly through the senses—never opened a licentious book—never engaged in impure conversation. His moral sense never became so depraved by actual contact with crime, nor his imagination so poisoned with impurity, as to render him incapable of appreciating the purest delights of social life. Nor was he naturally of an unusually perverse and sensual disposition. He was, on the contrary, noted for his amiability—for an early development of religious feelings, and the predominance of the imaginative and refined susceptibilities. He would probably now be the last one selected, by his most intimate friends, as a sufferer from

the effects of youthful crime. The two causes of his misfortunes which he would assign, apart from those depraved impulses to which all are more or less liable, are ignorance and imbecility of mind. During those lascivious half-waking reveries, peculiar to the age of puberty, he was assailed by temptation in a way which cannot be described, and at times when it could scarcely be said that his will had the power to interfere with reciprocal action of mind and body, and obviate what in his more conscious moments he could not but despise. Had he but known in time what it was reserved for him to learn by dreadful experience, how much might have been prevented.

Do these lines meet the eye of any timid, low-spirited, dyspeptic youth who understands the various allusions here made, let him be warned to pause and retreat before he becomes one of those "filthy dreamers; receiving in themselves that recompense of their error which is meet."

Very truly, yours,  
HOMER BOSTWICK, Esq., M. D.,  
504 Broadway.

R. W. A.

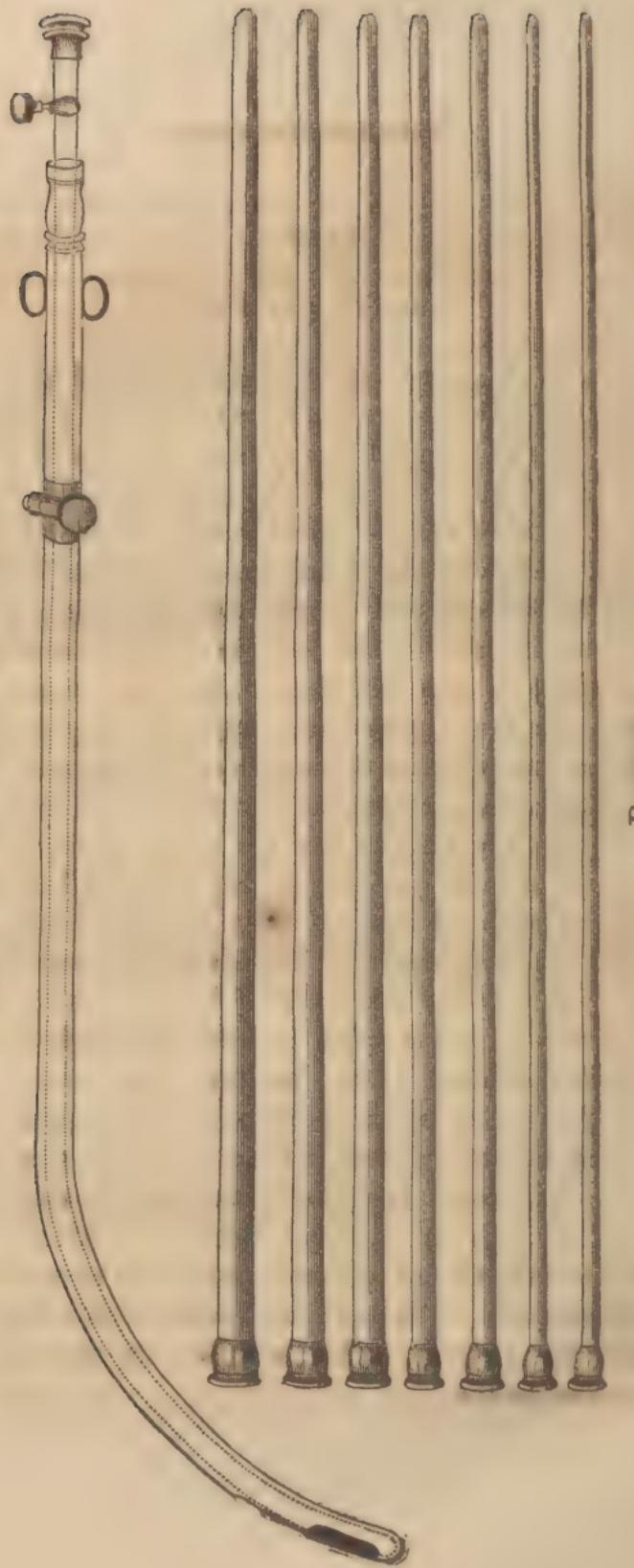
*Treatment.*—This gentleman was placed under the treatment which I usually adopt in such cases. After having subdued the inflammation, I cauterized the mouths of the ejaculatory ducts, and with the happiest effects. His emissions in a short time entirely ceased. He was directed to take tonics, but carefully to avoid stimulants; to take a nourishing diet, and to give himself plenty of exercise in the open air. The result is, that his health is completely re-established.

## CASE X.

*Vesico-Uterine Fistula.*

Mrs. W. B., aged twenty-eight, consulted me June 15th, 1847, for an incontinence of urine; but she stated that it escaped from the vagina instead of the urethra. This statement led me to suppose that it was a case of vesico-vaginal fistula. Upon examining the parts with the speculum, no fistulous opening could be discovered. Notwithstanding, there was a constant dropping of urine from the vagina, and for some time I was puzzled to ascertain whence it came. At last I passed a bougie into the os uteri, and upon its withdrawal the urine followed quite freely. This at once solved the mystery. The water escaped from the bladder into the cavity of the womb. Eighteen months previous to this date, she had been delivered with instruments by a *bungler*, which had caused this sad result. I considered the case hopeless, so far as the resources of our profession were concerned—it being quite beyond the reach of any surgical operation. I told her that if she ever recovered, it would be by an operation of nature alone. I plugged up the os uteri for an experiment, and so long as she could bear the tent to remain, the urine passed through the urethra. So much inflammation, however, was produced, that it could only be tolerated for a few days. The last time I saw her she said that nature was at work for her, and that she was getting somewhat better.

PLATE VII.—*Cauterizing Instrument.*



*Bougies.*

## USE OF BOUGIES.

WHENEVER bougies are indicated in the treatment of seminal diseases, unless they are complicated with stricture, it is very seldom that a smaller size than number seven will be required. The instrument should be large enough to fill and produce gentle pressure upon the prostatic portion of the urethra.

The fusiform or bulbous bougie is better adapted to both these cases, and many kinds of strictures, because we obtain pressure just where we need it, without fatiguing the other portions of the urethra.

In cases where there is much tenderness or pain caused by their introduction, number seven should be used first, and the higher numbers gradually succeed each other. The instruments in Plate VII. are reduced to about one half their proper size.

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## CAUTERIZING INSTRUMENT.

Upon Plate VII. may be seen the only proper instrument as yet known for cauterizing the mouths of the ejaculatory ducts. Lallemand's *porte-caustique* for this purpose is liable to

at least one very serious objection, and which is enough to condemn forever its further use. The cup in his instrument, that contains the caustic, is attached to a flexible spiral rod, and is projected beyond the end of the catheter to the parts intended to be cauterized, where it is capable of being turned around should the surgeon desire it. The objection is rather to its mechanism than its theory. When the caustic cup is thrust forward to be used in the urethra, there is much danger that the slender neck may break, and still more in turning it, thus leaving it behind in the prostatic portion of the canal. It has once broken in my hands—the first, and I am sure it will be the last time. I can scarcely imagine that any one could be more alarmed for the moment than I was. I felt it give way distinctly. Very gradually I withdrew the instrument in the proper direction, and it fortunately happened that the separated portion followed the catheter, and dropped upon the floor. Whether it was not wholly detached from the rod, or whether it was forced outward by the contraction of the urethra, I am unable to say. But I *can* say that its appearance, when it fell upon the floor, was to me a matter of the most hearty rejoicing. The patient neither heard it when it struck the floor, nor saw it, nor was there anything in my man-

ner which betrayed to him the imminent danger he had escaped.

He was a gentleman of great distinction, and such an occurrence, had it terminated by leaving the broken piece behind, would have been sufficient to destroy the standing and reputation (I was about to say) of the most distinguished in our profession.

The same accident has happened to others, how many times I know not; but I know of one instance in which it proved fatal. A physician of Buffalo was using it upon himself, when it broke off in the neck of the bladder, and was the cause of his death. This fact is sufficient, I should think, to deter any one, however experienced in the use of instruments, from employing it.

The instrument represented in the plate is not open to this objection; no such consequence can possibly result from it.

## CHAPTER VIII.

*General Hints on Diet, Regimen, &c.—Catarrh of the Bladder.—Nicety of accurate Diagnosis in Seminal Disease.*

WHILST I have endeavored, in the preceding pages, to describe and explain in as practical and lucid a manner as in my power, the treatment of the various cases which have been given in illustration of the different forms of seminal diseases, there still remain a number of hints and remarks applicable to the general management of these affections. These I shall throw together in this chapter, without observing any particular order of arrangement. They possess at least one recommendation—they are not the result of mere theory, but have impressed themselves upon my own mind with the weight of daily experience.

The importance of the observance of correct rules of diet and regimen in all cases is, one would think, sufficiently obvious. Yet it has been very much overlooked. In cases of nocturnal emissions and seminal discharges, strict adherence to a proper diet should be enjoined

upon the patient. A light, digestible, unstimulating, and yet sufficiently nutritious diet, should be adopted. All kinds of vegetables and ripe fruit, mush and milk, stale bread, Graham bread, sailor's biscuit, rice and milk, vegetable soups, sago, and arrow-root, oat and Indian meal gruel, ought to form the chief articles of diet in these cases. The drink proper should be water, weak tea, lemonade, cocoa, chocolate, tartarized water, and milk.

But in impotency, on the contrary, the diet should be of a more stimulating character. Rare cooked meat, raw oysters, game, with good wine and malt liquors, are proper in such cases. An egg beaten up with a glass of sherry, night and morning, will be found highly beneficial.

When the system has been greatly debilitated, and the nervous energy diminished, benefit may often be derived from the use of some of the mineral waters. The use of Sharon, Richfield, and Avon waters in the State of New York, will frequently prove a valuable auxiliary to the medical treatment of these cases. Besides the medicinal effect of the waters in giving a healthier tone to the digestive organs and nervous system, the change of scene and society may often prove salutary, and materially assist in restoring the dilapidated energies of the patient.

The action of the galvanic battery has been

tried in these cases, and sometimes with beneficial results. Of the propriety of that agency in the treatment of the case, however, the judicious medical man must be allowed to decide for himself. There have been instances in which the employment of galvanism by the patients themselves, of their own volition, or from the recommendation of some operator unacquainted with their peculiar constitution or idiosyncrasy, has proved injurious.

The application of burnt alum to the mouths of the ejaculatory ducts, has been useful in some cases of emissions. In mild cases it is certainly preferable to caustic.

Pounded ice put into a bladder and placed on the nape of the neck, exercises a powerful influence, in some instances, in arresting nocturnal emissions. The employment of this agent, by applying it to the loins over the spinal column, will be found productive of highly beneficial effects in that stage of the disease in which a high state of excitement has been produced in the organs more immediately connected with the genital apparatus.

In all cases of seminal losses, the urine should be subjected to the usual tests. If it be found to be acid, the carbonated alkalies should be exhibited. If it be alkaline, the employment of sulphuric, muriatic, or nitric acid is indicated.

I have seen several cases of catarrh, or chronic inflammation of the bladder, which it is quite important to understand as connected with seminal diseases. Patients thus afflicted are apt to attribute their sufferings to affections of the genital organs, and on that account experience much anxiety and alarm. In these cases the symptoms usually make their appearance suddenly. There is a sense of oppression in the region of the stomach—griping and relaxation of the bowels—and lancinating pains and spasms in the region of the bladder. As the disease advances there is a burning sensation along the whole course of the urethra, with a constant desire to urinate. The discharge is mucous, and more or less adhesive. Febrile symptoms manifest themselves, and the thirst is considerable. If not checked, the affection soon produces debility and loss of flesh. In the incipient stages, the urine is of a whitish color, opaque, and somewhat turbid, having a flocculent appearance. After remaining for some time, this matter assumes more or less transparency, the mucus adhering to the bottom of the vessel.

In catarrh of the bladder, the quantity of mucus discharged is always greater than in cases of seminal emissions. In some cases the discharge is enormous, amounting to several pints daily. The mucus is in general so tenacious

that it may be drawn into ropes, and adheres so tenaciously to the bottom, that the vessel may be inverted without the fluid falling out. In general, the odor of the matter discharged is very offensive.

In seminal diseases the matter voided is of a much lighter color, and less in quantity than in this affection of the bladder; it is also free from the offensive odor; and it floats about in shreds in the water, whilst the discharge in the catarrhal affection of the bladder sinks and adheres to the bottom of the vessel. Into the treatment of this affection of the bladder it is not, of course, my design here to enter. I have alluded to it in order to note the distinctions which separate it from seminal disease.

It may not be amiss to remark in this connexion, that in no case is accuracy of diagnosis more essential to successful treatment, than in seminal diseases. No doubt much of the difficulty which medical practitioners in general have confessedly entertained in treating this class of cases, and the frequent failures which have annoyed both them and their patients, have arisen from want of patience or skill, or both, in first ascertaining the real character of the disease, and the cause in which it has originated.

## CHAPTER IX.

*Concluding Remarks.—Advice to Guardians of Youth.—A Word of Admonition and Warning to Young Men.*

THE task which I have undertaken under the most solemn considerations of truth and duty, is now nearly complete. It only remains that I should present a few general remarks by way of warning and admonition to those for whom this work is chiefly intended. In the foregoing pages, no imaginary description of the pernicious consequences of criminal indulgence has been presented. I have added no coloring to the picture drawn by the victims themselves. No artificial means have been employed for the purpose of heightening the effect of these sad details. Without any exaggeration, without any studied arrangement of the materials supplied by individual cases, with the view of operating upon the fears of the reader, the sufferers have been permitted to portray, in their own language, the calamities with which they have been visited in consequence of their violation of one of the most important and salutary laws of nature, and of

nature's God. But yet how full of solemn warning, and earnest advice, and piercing rebuke, are these truthful narratives! They all speak a language which is not to be mistaken. The most painfully elaborate effort of the mere rhetorician would wholly fail to convey so striking a sense of the utter misery of this class of patients, as is offered by the most unpretending "case" which I have recorded in this volume.

Is it possible to *prevent* the formation of that accursed habit which is yearly destroying so many of our youth? It is well known that in a great many instances the habit is acquired at school. Judicious preventive measures might easily be adopted. At boarding-schools the dormitories should be so arranged as to preclude opportunities of corrupting communications and example. Light sufficiently shaded to prevent any glare upon the eye should be kept burning in the sleeping apartments. The same preventions against privacy should be adopted in the construction of the water-closets. Many boys have been initiated into the horrible practice by older school-mates and companions who have sought their aid in producing the emission. When a boy is found solicitous of the secret companionship of one younger than himself, there is ground of suspicion.

But the great preventive means will be found

in the cautious and judicious communication of a knowledge of the generative functions, and the awful consequences of a violation of their laws, and in the early and faithful inculcation of those virtuous precepts which the only true rule of life—the sacred Scriptures—furnish. Let youth be educated in the love and fear of God. Genuine religion is the only effectual safeguard against the dominion of these fleshly lusts that war against the soul.

But when I thus fervently express my sense of the supreme importance of bringing religious influence to bear on the youthful mind, let it not be supposed that I would inculcate the exercise of that spirit of asceticism and moroseness, of which the bitter fruits have been so often exhibited in the frightful demoralization of the youth educated in some of those seminaries which are pharisaically advertised as being “conducted on strictly evangelical principles.” No! The religious influences in which I trust, are those which spring from the genial, affectionate, unostentatious spirit of New Testament Christianity. Hence those glorious works of art which the “evangelical” guardians of youth decry as sensualizing and polluting, I should make the frequent study of our young men and maidens. Let their tastes and hearts be cultivated and elevated by the study of the human

form in those matchless productions of the painter and sculptor, whose very atmosphere is purity. Let mere external form cease to minister to impure desires. Let art fulfil its hallowed mission, now that the true faith has redeemed it from the hands of the heathen and idolator.

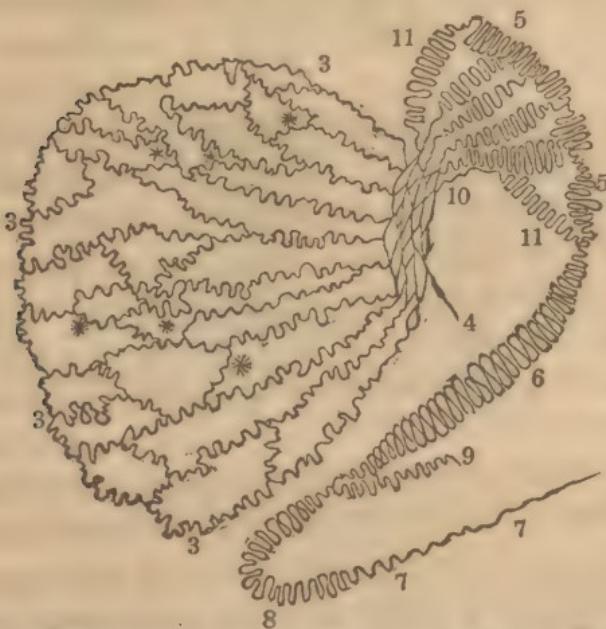
Provide healthful and rational amusements for our youth, ye guardians of the hopes of the coming age! Fill up the vacant hour with means of innocent recreation. Wean them from the low and grovelling objects of sense, by creating desires for intellectual enjoyment; and let them, by sweet experience, attain to the knowledge of how surpassingly delightful are those pleasures which are evermore to be found in the service of Virtue and Wisdom.

And now, O young man! practising in secret the most ruinous of vices, one word to thee, and I have done. Break off at once and forever this pernicious habit, which must, if persisted in, inevitably sap all the foundations of happiness and life. Seek, then, the aid of a competent and faithful medical friend, and obey his advice.

Hesitate, and you are lost! Already abused nature cries aloud, and warns you of your danger! The fate of multitudes of victims who have yielded in speechless agony to the destroyer, admonishes you! With them, strength, and peace of mind, and life, all have perished.

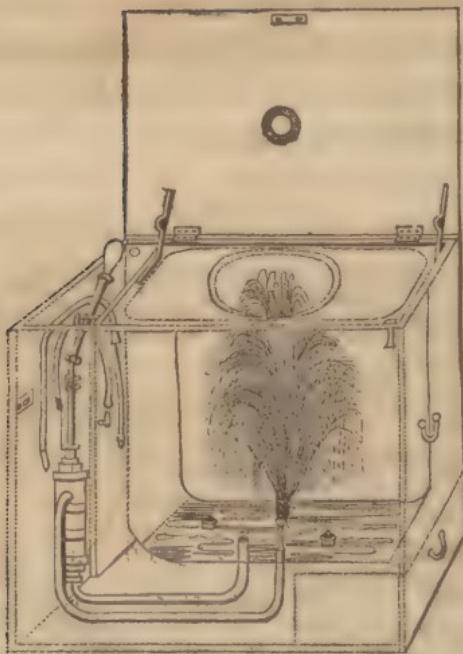
Their sun has gone down suddenly, while it was yet noon. The cases in this book appeal to you. If you do not hearken to the warning which they convey, you are indeed lost, and would not profit even if there sounded in your ears the voice of one arisen from the dead !

PLATE F.



This plate is a plan of the structure of the testes and epididymis, showing the seminiferous tubes which convey the semen from the tubuli seminiferi, and discharge it at last into the vas deferens, or great seminal duct, that terminates in the prostatic portion of the urethra.

3 3 3 3, seminiferous tubes; \* \* \* \* \*, their anastomoses; 4, rete testis; 5 5, head of the epididymis; 6, body of the epididymis; 7 7, vas deferens, or great seminal duct; 8, cauda; 9, appendix; 10, vasa efferentia; 11, flexures of the efferent vessels passing to 5 5, the head of the epididymis.



## DOUCHE BATH.

This drawing represents the kind of douche bath which I have had constructed for the treatment of seminal diseases. The same application of water can be very easily made in every house where the Croton water is introduced.

## APPENDIX.

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To conclude this work on Seminal Diseases, I have appended a number of prescriptions, which, in my practice, I have found among the best remedies in the treatment of affections of this description. In the selection of medicines, however, much depends upon the peculiarities of individual cases; and it requires the discrimination of the practitioner to determine which may be the most appropriate.

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### RUBEFACIENTS.

#### *Embrocations.*

R<sub>x</sub> Spirit. Camphoræ, ʒiv.  
Acidi Acetici fort., ʒiss.  
Tinct. Opii, ʒj.

F. Embrocatio. To be applied when there are shooting pains about the loins or perinæum, two or three times a day.

- No. 2.      Rx Tinct. Opii, ʒss.  
                 Aquæ Ammoniæ, ʒiss.  
                 Liniment. Saponis, ʒvss.  
                 To be used as the preceding.
- 

- No. 3.      Rx Spirit. Camphoræ, ʒiss.  
                 Sulph. Æther., ʒj.  
                 Tinct. Opii, ʒss.  
                 Sp. Terebinth., ʒj.

Misce. This is an excellent embrocation, and may be advantageously employed in parts in which there is pain and spasm.

- No. 4.      Rx Aquæ Ammoniæ, ʒiss.  
                 Sp. Camphoræ, ʒij.  
                 Ol. Olivæ, ʒij.  
                 Sp. Terebinth., ʒij.  
                 Tinct. Belladonnæ, ʒiv.

Misce. To be used as directed in No. 1.

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### *Cataplasma.*

- No. 5.      Rx Pulveris Sinapeos, ʒij.  
                 Acidi Acet. dil., q. s.

F. Cataplasma. It should be spread on linen, and be permitted to remain on until the skin is well reddened, and the patient complains of burning, which will be usually in from twenty minutes to half an hour. When applied to children, an equal quantity of rye or wheat flour ought to be added, as their skin is more delicate. This is one of the best counter-irritants we possess.

- No. 6      R. Picis Burgundici, 3v.  
               Unguent. Cantharidis, 3ij.  
               Pulv. Camphoræ, 3j.

F. Emplast. I have known this plaster to be very useful when applied to the perinæum.

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### APERIENTS.

When the bowels are constipated, the use of mild laxatives, combined with aromatics and tonics, are indispensable in seminal debility. The following are among the best for this purpose :

- No. 7.      R. Aloes Socot.,  
               Pulv. Rhei, aa. 3j.  
               Pulv. Aromatici, 3j.  
               Saponis, 3ss.  
               Syrup. Simplicis, q. s.

F. massa. Divide in forty pills. One or two taken before dinner, as they may be required.

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- No. 8.      R. Aloes et Myrrhæ, 3j.  
               Divide in three grain pills. Dose : two or three.
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- No. 9.      R. Pulv. Rhei, 3iv.  
               Pulv. Zingiber., 3j.  
               Magnes. Ustæ, 3ss.

Misce. Divide in chartulas iv. One is a dose, taken in molasses or syrup.

- No. 10.      R<sub>e</sub> Ext. Colocynthidis Comp., 3j.  
                 Pulv. Ext. Jalapæ, 3ij.  
                 Hydrarg. Chlorid. Mit., 3ss.  
                 Pulv. Gambogiæ, gr. x.

F. massa. Divide in five grain pills. Three to be taken for a purgative dose. This is a good purgative; but it should be selected for such as are bilious.

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- No. 11.      R<sub>e</sub> Bitartratis Potassæ,  
                 Pulv. Jalapæ,  
                 Pulv. Potassæ Nitratis, āā. 3ss.  
                 Confectionis Sennæ, 3j.

Syrupi Simplicis, q. s., ut fiat electuarium. A mass the size of a hazel-nut three or four times a day. This prescription is indicated in plethoric states of the system.

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The following are among the prescriptions which I have found most useful in nocturnal emissions, impotency, &c.

- No. 12.      R<sub>e</sub> Acidi Sulphurici Aromat., 3ij.  
                 Tinct. Cinchonæ, 3vj.

Misce. Dose: forty drops, increased gradually to eighty, three times a day, to be taken half an hour after eating, in a little water.

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- No. 13.      R<sub>e</sub> Radicis Colombæ cont.,  
                 Radicis Gentianæ cont., āā. 3ij.  
                 Aquæ, Oiss.

Boil down to half a pint, strain, and add,

Tinct. Aurantii cort.,  $\frac{3}{2}$ j.

Tinct. Cardamomi,  $\frac{3}{2}$ ss.

Syrupi Simplicis,  $\frac{3}{2}$ ij.

Misce. Dose: a table-spoonful three times a day, before eating.

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No. 14. R Ext. Gentianæ,  $\frac{3}{2}$ j.

Quinæ disulph.,  $\frac{3}{2}$ j.

Misce. Divide in pilulæ L. Two to be taken three times a day.

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No. 15. R Sulphatis Ferri,  $\frac{3}{2}$ ij.

Sacchari pulv.,  $\frac{3}{2}$ j.

Misce. Divide in forty powders, and take one three times a day, after eating.

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No. 16. R Argenti Nitratis, gr. vj.

Micæ panis,  $\frac{3}{2}$ j.

Aquæ fontanæ, q. s., ut fiant pilulæ xxiv. Dose: one morning and evening, to be taken after eating, which may be increased after the first week to one three times daily. These pills should not be continued longer than from four to six weeks, as there is danger, when used for a greater length of time, of producing a discoloration of the skin.

---

No. 17. R Acidi Sulphurici diluti,  $\frac{3}{2}$ ij.

Tinct. Gentianæ Comp.,  $\frac{3}{2}$ vij.

F. M. Dose: a table-spoonful to be taken three times a day, before eating.

- No. 18. Rx Ferri Sesquioxidi, 3ij.  
 Pulv. Rhei, gr. xxiv.  
 Pulv. Zingiber., 3j.

Misce. Divide in chartulas xij. One to be taken three times a day, in syrup.

- 
- No. 19. Rx Ext. Quassiae, 3ss.  
 Pulv. Rhei, gr. x.  
 Pulv. Gentianæ, 3j.  
 Cupri Sulphat., gr. x.

F. massa. Divide in pills of three grains each. One to be taken three times a day.

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- No. 20. Rx Ext. Catechu,  
 Aluminis,  
 Ext. Quassiae,  
 Pulv. Cinchonæ Cort., aa. 3ij.  
 Ferri Sulph., gr. xv.

F. massa. Divide in three grain pills. Dose: two to be taken three times a day, after eating.

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- No. 21. Rx Plumbi Acet., gr. x.  
 Pulv. Camphoræ, gr. v.  
 Pulv. Opii, gr. iij.  
 Ext. Gentianæ, 3ss.

F. massa. Dose: one three times a day, before eating.

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- No. 22. Rx Cort. Aurantii, 3iij.  
 Gentianæ rad., 3j.  
 Pulv. Cinnamomi, 3ss.  
 Pulv. Zingiber., 3j.  
 Aquæ Bullient., Oiss.

Infuse for six hours, strain, and take a wine-glassful three times a day.

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- No. 23. R. Quassiæ ligni,  $\frac{3}{4}$ j.  
 Cinchonæ Cort.,  $\frac{3}{4}$ iss.  
 Cort. Aurantii,  $\frac{3}{4}$ ij.  
 Aquæ Bullient., Oij.

Fiat Infus. When cold, take half a tea-cupful three times a day, adding a little sugar to each.

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- No. 24. R. Ferri Sulphatis, gr. x.  
 Cupri Sulphatis, gr. v.  
 Quinæ disulph., gr. xv.  
 Ext. Quassiæ, q. s.

F. massa. Divide in pills of two grains each.  
 Dose: one to be taken directly after eating, morning and evening. This pill is a powerful tonic.

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- No. 25. R. Pulv. Camphoræ, gr. x.  
 Argenti Nitratis, gr. iv.  
 Plumbi Acet., gr. v.  
 Pulv. Opii, gr. iv.  
 Ext. Gentianæ, q. s.

Fiat massa. Divide in pills of three grains each.  
 Dose: one to be taken three times a day, after eating.

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- No. 26. R. Ferri Carbon. Precip.,  $\frac{3}{4}$ ij.  
 Ext. Cinchonæ,  
 Ext. Quassiæ,  $\frac{1}{2}$ ā.  $\frac{3}{4}$ j.  
 Pulv. Camphoræ, gr. xv.

F. massa. Divide in pills of three grains each

**Dose:** two to be taken three times a day, after eating.

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**No. 27.**      Rx Ext. Anthemidis, 3ij.  
                      Pulv. Camphoræ, gr. xv.

F. massa. Divide in thirty pills. Dose: two to be taken three times a day.

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**No. 28.** ~~Rx~~ Tinct. Gentianæ Comp.,  
Tinct. Colombæ,  
Tinct. Quassiae,  
Tinct. Cinchonæ, aa. 3ij.  
Acidi Sulphurici, 3j.

F. Mistura. Dose: a tea-spoonful to be taken three times a day, before eating, in a little water.

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**No. 29.**      Rx Pulv. Myrrhæ, 3ij.  
                      Ext. Gentianæ,  
                      Ext. Cinchonæ,  
                      Ext. Aurantii, aa. 3iss.

F. massa. Divide in three grain pills. Dose: one four times a day.

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**No. 30.**      Rx Tinct. Lyttæ, 3j.  
                      Tinct. Ferri Muriatis, 3iss.

Misce. Dose: ten drops to be taken three times a day, in a spoonful of water, gradually increasing the dose to forty drops. When it produces any irritation about the bladder, it must be discontinued.

No. 31. Rx Tinct. Ferri Muriat., ʒj.

Dose : from ten to fifteen drops three times a day, gradually increased to thirty-five or forty drops, to be taken in water, directly after eating. [Useful in nocturnal emissions.]

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No. 32. Rx Acori Calami Concis.,

Cardamomi Sem. Cont., āā. ʒj.

Pulv. Gentianæ rad., ʒiv.

Aurantii Cort., ʒj.

Pulv. Cinnamomi, ʒiss.

Vini Xericī, Oiv.

Macerate for twelve days, and strain. Dose : a table-spoonful three times a day, before eating. [Useful in impotency.]

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No. 33. Rx Ext. Cinchonæ,

Ext. Gentianæ,

Ext. Anthemidis, āā. ʒij.

Ferri Sulphatis, Өiv.

F. massa. Divide into ninety pills. Dose : one night and morning, after eating. [Useful in nocturnal emissions.]

---

No. 34. Rx Pulv. Camphoræ, ʒj.

Amygdalæ dulc. emuls., ʒvij.

F. Mist. Dose : a table-spoonful three times a day

- No. 35. Rx Tinct. Quassiae,  
 Tinct. Gentianæ,  $\frac{aa}{3}$  ij.  $\frac{3}{2}$  iss.  
 Tinct. Cinchonæ,  $\frac{3}{2}$  iss.  
 Spir. Ætheris Sulphurici Comp.,  $\frac{3}{2}$  j.

F. Mistura. Dose : a table-spoonful three times a day, taken before meals. [Useful in impotency.]

- 
- No. 36. Rx Ferri Iodidi,  $\frac{3}{2}$  j.  
 Aquæ destill.,  $\frac{3}{2}$  j.

Fiat solutio. A piece of iron wire or nail should be kept in the bottle, to prevent decomposition of the solution. Dose : five drops, increasing gradually to ten, to be taken three times a day, in a little water. If any unpleasant effects be experienced in the region of the heart, the medicine should be discontinued. [Useful in seminal emissions.]

- 
- No. 37. Rx Sulphur. Loti,  $\frac{3}{2}$  ij.

Dose : half a tea-spoonful, in orange-peel syrup, to be taken morning and evening. [This, in some cases, seems to be almost a specific in nocturnal emissions.]

- 
- No. 38. Rx Camphoræ pulv.,  $\frac{3}{2}$  j.

This to be added to one ounce of wheat bran, and placed in a small bag, which should be worn over the front part of the scrotum. [Useful in seminal emissions.]

- 
- No. 39. Rx Aurantii Cort.,  $\frac{3}{2}$  j.  
 Serpentariæ Virgin.,  $\frac{3}{2}$  j.  
 Flor. Anthemidis,  $\frac{3}{2}$  iss.  
 Humuli lupuli,  $\frac{3}{2}$  j.  
 Aquæ Bullient., Oijj.

Infuse for three hours, and strain. Dose: a table spoonful four or five times a day, before eating.

---

No. 40. R. Pulv. Cubebæ, ʒiv.

Ferri Sulphatis pulv., gr. x.

Misce. Make with molasses into five grain pills three for a dose, four times a day. [Useful in seminal emissions.]

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No. 41. R. Olei Amygdalæ, ʒiss.

Phosphorus, ʒj.

Cut the phosphorus into very small pieces, introduce them into a ground-stoppered bottle, and add the oil. Let the mixture stand in a dark place for fifteen days; after which, decant, and give the solution an aromatic flavor with the oil of bergamot. This solution must be kept in a dark place. It may be given to the extent of twenty or thirty drops in twenty-four hours, mixed with mucilage of gum-arabic. Phosphorus must be administered with great caution, and always after eating. It is a powerful stimulant, and has a peculiar tendency to the organs of generation. [Useful in impotency.]

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Tartar emetic, opium, assafœtida, and aconite possess great influence in arresting the frequency of seminal emissions, especially when they depend upon nervous irritability.

Tartar emetic and aconite are both powerful sedative and antiphlogistic remedies. I have given these articles separately and in combination, with the most

marked benefit, in spermatic discharges. To obtain beneficial results from the tartar emetic, it should be administered in a dose just sufficient to produce a slight degree of nausea, on going to bed.

The following pill, given at bed-time, will frequently arrest the emission :

- No. 42.      R. Opii pulv., gr. vj.  
                 Pulv. Assafœtidæ, gr. xxx.  
                 Antimonii Tart., gr. j.  
                 Aconiti fol. pulv., gr. iiij.

F. massa. Divide in twelve pills, and take two for a dose.

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- No. 43.      R. Ext. Belladonnæ, gr. ij.  
                 Opii pulv., gr. j.  
                 Camphor. pulv., gr. v.  
                 Ext. Gentianæ, q. s.

Make into a suppository, and introduce it up the rectum upon the end of the finger, at bed-time. [This will prove highly efficacious in arresting spermatorrhœa.]

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#### *Pilulae Rhei Compositæ.*

- No. 44.      R. Pulv. Rhei, 3j.  
                 Aloes, 3vj.  
                 Pulv. Myrrhæ, 3ss.  
                 Ol. Menthæ pip., 3ss.  
                 Syrupi Aurantii, q. s.

F. massa. Divide into two hundred and forty pills. One or two pills may be taken at bed-time. A mild aperient.

- No. 45. R. Pulv. Rhei, 3j.  
Aloes, gr. x.  
Ext. Colocynth. Comp., gr. xv.  
Gamboge, gr. viij.  
Pulv. Jalap., gr. xv.  
Pulv. Zingiber., gr. x.  
Bicarb. Potass., 3j.  
Syrup., q. s. to make mass.

Divide into twenty pills. Dose : from two to four, for ordinary purposes. This is an admirable aperient pill.

- 
- No. 46. R. Balsam. Copaiæ (solid.), 3j.  
Cubeb. pulv., 3iss.  
Ferri Sulphat., 3ij.  
Ammoniæ Carbonat., 3ij.

F. massa. Divide into five grain pills. One to be taken for a dose, two or three times a day.

This is not only an excellent prescription for gleety discharges of the mucous membranes of the bladder, ureters, and urethra, but it is also one of the very best medicines for fluor albus in women.









